



TRAIL 100 ANDORRA

BY

UTMB®



RACE GUIDE

14 - 16 JUNE 2024

UTMB®
WORLD SERIES

HOKA
FLY HUMAN FLY

DACIA

SUUNTO

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Andorra
visitandorra.com

ordino **O**

ORDINO
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IT'S ON.

WELCOME

I am very happy to welcome you to this fourth edition of the Trail 100 Andorra by UTMB® and also very happy to welcome you in Ordino.

The Trail 100 Andorra by UTMB® is a race that will take you around an entire country, through forests and unique landscapes. We propose you five different routes that go through the parishes of Andorra and all its most beautiful refuges.

This year we launch the 80K race, a new route that will take you to some of the most beautiful trails of the country, running up to the Tristaina Solar Viewpoint, through picturesque valleys and passing the tibetan bridge of Canillo.

In the other distances, the spectacular Comapedrosa Natural Park, the emblematic Casamanya Peak, the Ordino Living Forest and many more places await you along your journey through the Andorran mountains. I have no doubt that you will treasure forever the images that the country will offer you!

During the routes you will find refreshments and great volunteers that will give you energy and will push you to achieve the goal that you have prepared with so much enthusiasm and commitment.

In this Guide, you will find all the information to enjoy this experience without any surprises: practical details about your trip to Ordino, transportation, event schedule and much more.

Remember that you came here to enjoy a unique adventure. In your suitcase don't forget to put good attitude, a big dose of positive energy, a lot of desire to learn, to fight, to share, to laugh, to push over your limits and above all to have fun!

I'll be waiting for you at the finish line in Ordino to celebrate together! Welcome to Andorra!

RACE DIRECTOR
Joan Turne Sola





ALL-OUT TRAIL POWER

TECTON X2

Reach new peaks of performance
with propulsive carbon plates.


HOKA
FLY HUMAN FLY

DACIA

NEW DACIA JOGGER

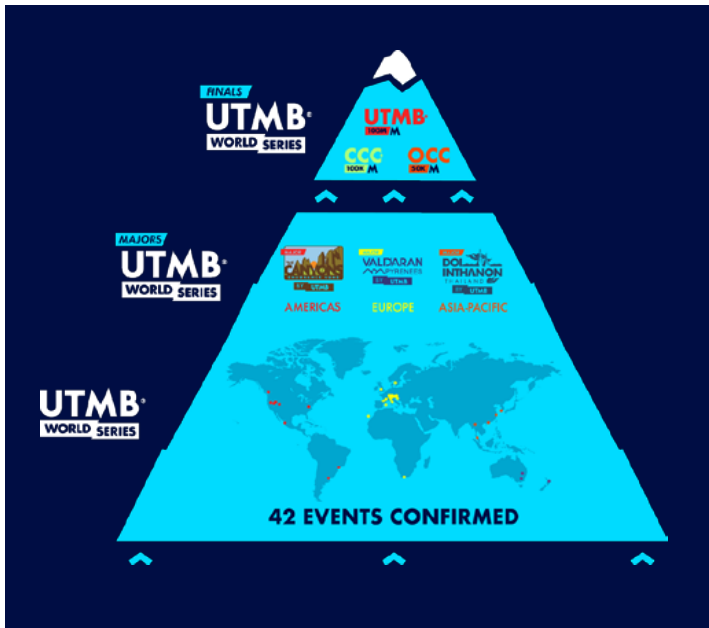
Dacia official automotive partner of UTMB® World Series



Range New Dacia Jogger : CO2 emission min / max (g/km) (WLTP procedure) : 108/130. Mixt consumption min / max (l/100km) (WLTP procedure) : 4,8/7,8. Dacia recommends 

   DACIA.COM

MEET YOUR EXTRAORDINARY



Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations, the UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle Dacia UTMB® Mont-Blanc.

FINALS

The mythic Dacia UTMB® Mont-Blanc is the world's most well-known and revered trail running event on the globe. In the heart of the Alps, the prestigious UTMB® World Series Finals is held in 3 categories: the OCC (50K), CCC® (100K) and UTMB® (100M) every year at the end of August in Chamonix, France.



MAJORS

Three UTMB® World Series Majors, are held each year across the Americas, Europe and the Asia-Pacific region. Collect double the amount of Running Stones compared to other UTMB® World Series Events for the UTMB® World Series Finals lottery. In total 210 runners are also granted automatic qualification for the UTMB® World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.



EVENTS

Get the UTMB® experience closer to home. Built on a passion for the mountains, with sustainability at its heart, UTMB® World Series Events, gives all trail runners the chance to experience the UTMB® adventure while showcasing the unique aspects that each race destination offers at 42 Events around the world. Begin your quest to Dacia UTMB® Mont-Blanc and the UTMB® World Series Finals.



RUNNING STONES

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB® World Series Event or UTMB® World Series Major.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn in the UTMB® World Series Finals lottery.



UTMB® INDEX

The UTMB® Index is calculated for each of the 4 UTMB® World Series race categories : 20K, 50K, 100K and 100M.



Trail runners are also give a general UTMB® Index calculated by combining results from all race categories. A valid UTMB® Index is mandatory to enter the UTMB® World Series Finals lottery, along with a minimum of 1 Running Stone. Your UTMB® Index is also used to define your start wave. There are over 5500 UTMB® Index races around the world where you can validate or help to improve your UTMB® Index.

**DO YOU HAVE YOUR
MY UTMB ACCOUNT ?**

THIS IS WHERE YOU CAN SEE IT ALL.



**CHECK IT OUT AT
UTMB.WORLD**

- See your Running Stones count
- Check your UTMB® Index
- View your race results
- Get detailed performance statistics
- See your upcoming race registrations
- Share your results with your friends



OCEANIA

- 17-18 FEB** Tarawera Ultra-Trail by UTMB®
New Zealand
- 16-19 MAY** Ultra-Trail Australia™ by UTMB®
Australia
- 28-30 NOV** Ultra-Trail Kosciuszko™ by UTMB®
Australia

EUROPE

- 22-24 MAR** Chianti Ultra Trail by UTMB®
Italy
- 04-07 APRIL** Istria 100™ by UTMB®
Croatia
- 10-12 MAY** Ultra-Trail Snowdonia by UTMB®
Wales
- 17-20 MAY** Trail Alsace Grand Est by UTMB®
France
- 01 JUNE** mozar 100™ by UTMB®
Austria
- 06-08 JUNE** Tenerife Bluetrail by UTMB®
Spain
- 14-16 JUNE** Trail du Saint-Jacques by UTMB®
France
- 14-16 JUNE** Trail 100 Andorra™ by UTMB®
Andorra
- 26-30 JUNE** La Sportiva® Lavaredo Ultra Trail® by UTMB®
Italy

- MAJOR**
- 03-07 JULY** Val d'Aran by UTMB®
Spain

- 04-06 JULY** Restonica Trail by UTMB®
France
- 05-07 JULY** Trail Verbier Saint-Bernard by UTMB®
Switzerland
- 17-21 JULY** Eiger Ultra-Trail™ by UTMB®
Switzerland

- 01-03 AUG** KAT100™ by UTMB®
Austria

- FINALS**
- 26 AUG** Dacia UTMB® Mont-Blanc
France, Italy, Switzerland
- 01 SEPT**

- 12-15 SEPT** Wildstrubel by UTMB®
Switzerland
- 20-22 SEPT** Julian Alps Trail Run by UTMB®
Slovenia
- 03-06 OCT** Nice Côte d'Azur by UTMB®
France
- 01-02 NOV** Kullamannen™ by UTMB®
Sweden
- 01-03 NOV** Mallorca by UTMB®
Spain



UTMB® WORLD SERIES

42 EVENTS IN 2024

AFRICA

- 24-26 MAY** Mountain Ultra-Trail™ by UTMB®
South Africa
- 22-23 JUNE** Mauritius by UTMB®
Mauritius

THE AMERICAS

- 12-14 APRIL** Desert RATS Trail Running Festival™ by UTMB®
USA

- MAJOR**
- 26-27 APRIL** The Canyons Endurance Runs™ by UTMB®
USA

- 09-12 MAY** Valhøll Argentina by UTMB®
Argentina

- 29-30 JUNE** Western States® 100-Mile Endurance Run
USA

- 19-20 JULY** Speedgoat™ Mountain Races by UTMB®
USA

- 02-04 AUG** Quito Trail by UTMB®
Ecuador

- 19-22 SEPT** Paraty Brazil by UTMB®
Brazil

- 20-22 SEPT** Grindstone Trail Running Festival™ by UTMB®
USA

- 28-29 SEPT** Ultra Trail Whistler by UTMB®
Canada

- 11-12 OCT** Kodiac Ultra Marathons by UTMB®
USA

- 07-09 NOV** Puerto Vallarta México by UTMB®
Mexico



ASIA

- 19-21 APRIL** Ultra-Trail Mount Yun by UTMB®
China

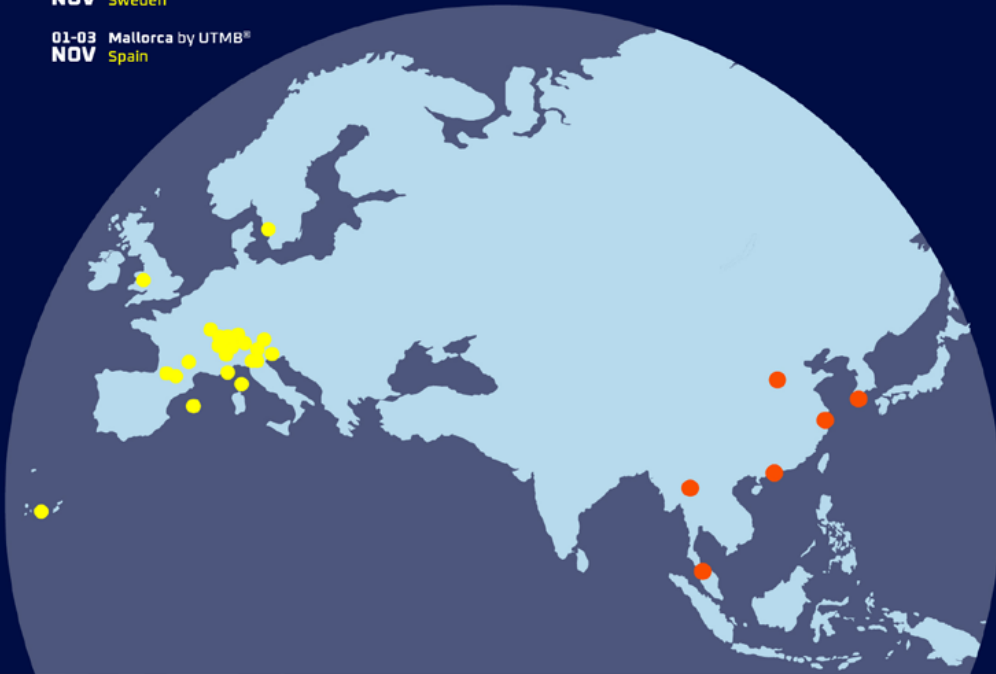
- 03-05 MAY** Amazean Jungle Thailand by UTMB®
Thailand

- 12-13 OCT** TransJeju by UTMB®
South Korea

- 17-20 OCT** Ultra-Trail Ninghai by UTMB®
China

- 08-10 NOV** TransLantau™ by UTMB®
Hong Kong, China

- MAJOR**
- 06-08 DEC** Doi Inthanon Thailand by UTMB®
Thailand



**SUUNTO**

Adventure
Starts
HERE

Some people
choose
fine dining

NEW
SUUNTO RACE
the performance watch



EVENT SCHEDULE

THURSDAY 13TH

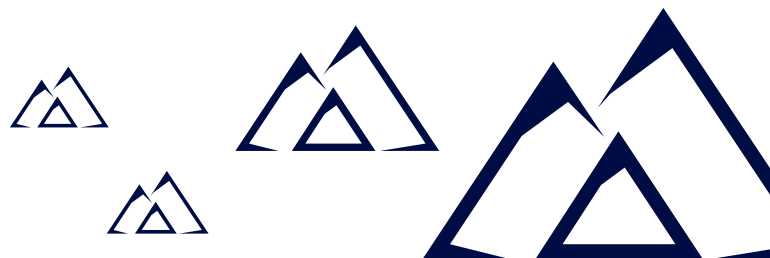
| Time | Location | What |
|-------|-----------------------------------|---|
| 17:00 | Trail 100 Andorra BY UTMB website |  Briefing Ultra 105K |
| 18:00 | Trail 100 Andorra BY UTMB website |  Briefing Trail 80K |
| 19:00 | Trail 100 Andorra BY UTMB website |  Briefing Trail 50K |

FRIDAY 14TH

| Time | Location | What |
|----------------------------|-----------------------------------|--|
| 10:00-13:00 15:00-20:00 | Andorra Congr s Centre Ordino |  BIB distribution Ultra 105K, Trail 80K, Trail 50k |
| 10:00-20:00 | Andorra Congr s Centre Ordino |  Official UTMB WS Store |
| 10:00-13:00 15:00-20:00 | Andorra Congr s Centre Ordino |  Info Point + Bib distribution TRAILKIDS |
| 10:00-20:00 | Pla a Prat del Call, Ordino |  Official Event Expo |
| 17:00 | Ordino, Pla a de l'Esgl sia |  Elite runners Press Confer- ence |
| 18:00 | Ordino, Pla a de l'Esgl sia |  TRAILKIDS |
| 18:30 | Trail 100 Andorra BY UTMB website |  Briefing Trail 21K |
| 19:00 | Trail 100 Andorra BY UTMB website |  Briefing Trail 10K |









SATURDAY 15TH

| Time | Location | What |
|-----------|---------------------------------|--|
| 3:45-4:45 | Ordino, Centre C vic i Esportiu |  Spare bags drop off 105K |
| 5:00 | Ordino, Pla a de l'Esgl sia |  RACE START ULTRA 105K |
| 6:15-7:15 | Ordino, Centre C vic i Esportiu |  White bags drop-off 50K |
| 7:30 | Ordino, Pla a de l'Esgl sia |  RACE START TRAIL 50K |
| 8:45-9:45 | Ordino, Centre C vic i Esportiu |  Spare bags drop-off 80K |
| 10:00 | Ordino, Pla a de l'Esgl sia |  RACE START TRAIL 80K |



| | | | |
|----------------------------|---------------------------------|---|----------------------------|
| 4:00-19:00 | Ordino, Centre Cívic i Esportiu |  | Info Point |
| 10:00-13:00 15:00-20:00 | Andorra Congrès Centre Ordino |  | Bib distribution 21K & 10K |
| 10:00-20:00 | Andorra Congrès Centre Ordino |  | Official UTMB WS Store |
| 10:00-20:00 | Plaça Prat del Call, Ordino |  | Official Event Expo |
| 10:00-20:00 | Plaça Prat del Call, Ordino |  | Official UTMB WS Store |
| 12:45 | Ordino, Plaça de l'Església |  | Expected 1st runner 50K |
| 18:15 | Ordino, Plaça de l'Església |  | Expected 1st runner 80K |
| 18:35 | Ordino, Plaça de l'Església |  | Expected 1st runner 105K |

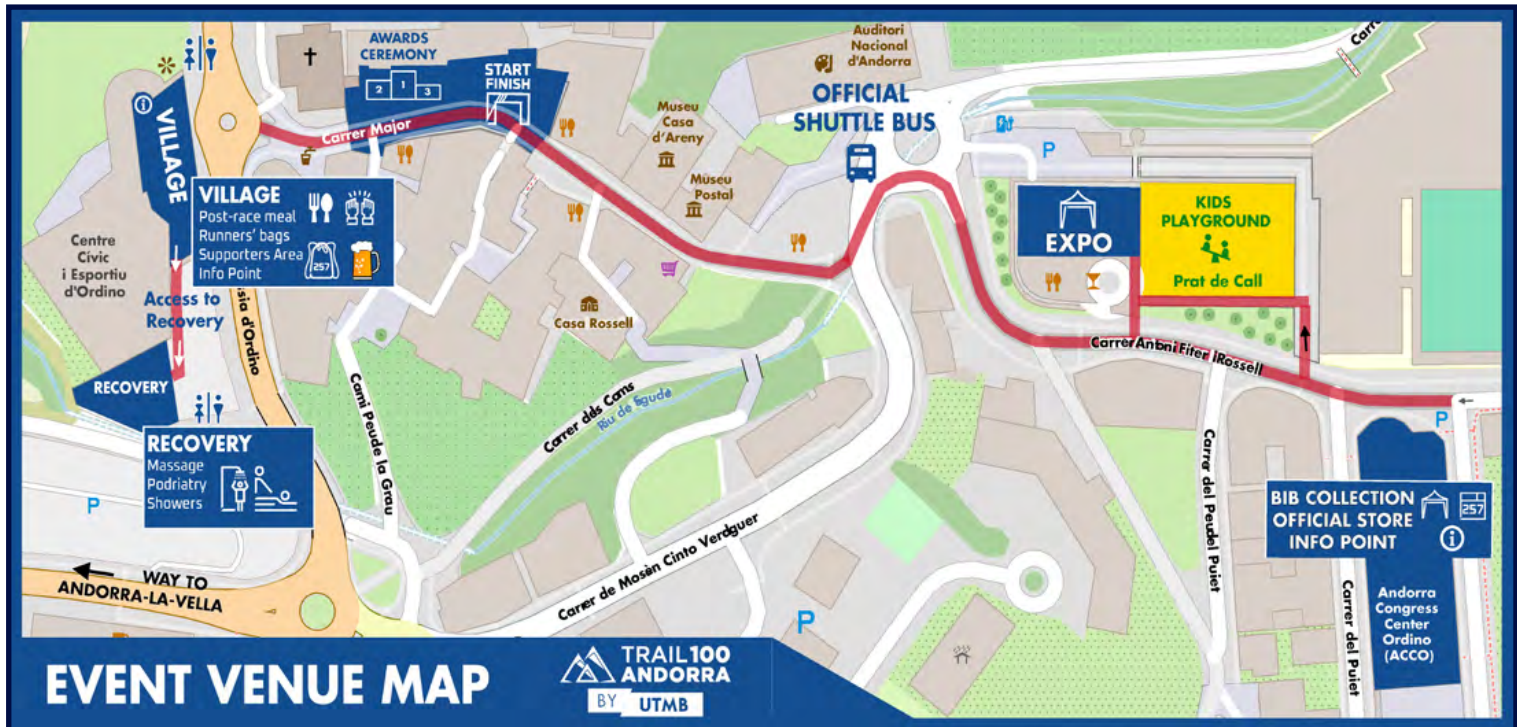
SUNDAY 16TH

| Time | Location | | What |
|-------------|---------------------------------|---|-----------------------------|
| 07:30-16:00 | Ordino, Centre Cívic i Esportiu |  | Info Point |
| 07:30-08:45 | Ordino, Centre Cívic i Esportiu |  | White bags drop-off 21K-10K |
| 8:30 | Ordino, Plaça de l'Església |  | RACE START 21K |
| 9:00 | Ordino, Plaça de l'Església |  | RACE START 10K |
| 10:15 | Ordino, Plaça de l'Església |  | Awards Ceremony 50K |
| 11:00 | Ordino, Plaça de l'Església |  | Awards Ceremony 80K |
| 14:00 | Ordino, Plaça de l'Església |  | Awards Ceremony 10K |
| 15:00 | Ordino, Plaça de l'Església |  | Expected Last Finisher 105K |
| 15:00 | Ordino, Plaça de l'Església |  | Awards Ceremony 105K |
| 15:30 | Ordino, Plaça de l'Església |  | Awards Ceremony 21K |



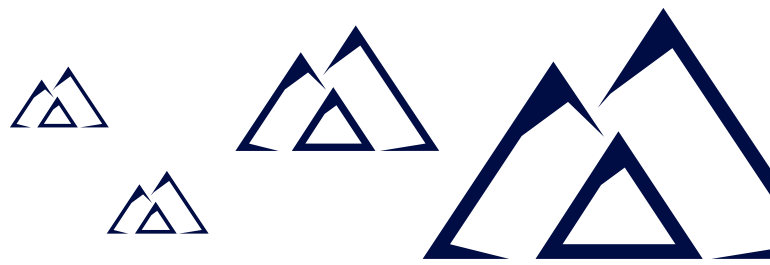
THE VENUE

ORDINO



We recommend you to have a look at [THIS MAP](#) to see the location of all the useful sites of the event.

PRACTICAL INFORMATION



SHUTTLE BUS FOR RUNNERS AND SUPPORTERS



The organisation offers a transport service for the runners and companions from Andorra la Vella and La Massana to Ordino before each race and back after the race.

We encourage you to use the transport services to departures, in order to reduce your carbon footprint and avoid traffic jams. Note that car parkings in Ordino are limited.

RUNNERS' BUS: The bus service for the runners is free of charge, but you need to book your free shuttle pass on ACTIVE before the event. Enter in [Myevents](#), click on "Purchase merchandise" and select your bus pass **before 6th June**. During the event you will need to present your runner wristband in order to use the transport service.

SUPPORTERS' BUS: The supporters will be able to accompany their runners by purchasing a bus ticket on ACTIVE before the event. The pass costs **5 euros** and will give you unlimited access to the organisation's buses from Andorra la Vella and La Massana to Ordino and back. Enter in [Myevents](#) from the runner's account and get your pass on "Purchase merchandise" **before 6th June**. Note that it will not be possible to buy bus tickets onsite.

SCHEDULE TO THE RACE DEPARTURE:



| |
|--|
| SATURDAY 15 TH 3:45 (for Ultra Trail 105K) 6:15 (for Trail 50K) 8:45 (for Trail 80K) |
| SUNDAY 16 TH 7:30 (for Trail 21K) 8:00 (for Trail 10K) |

AFTER THE RACE:



| |
|---|
| Every hour non-stop from Saturday 15:00 until Sunday 16:00. |
|---|

| |
|--|
| Opposite direction: From Andorra la Vella to Ordino (stops in La Massana): shuttle every hour non-stop from Saturday 15:30 to Sunday 15:30. |
|--|

| |
|---|
| For the runners staying at Hotel Anyós Park there will be a special shuttle bus from the hotel to the race start. |
|---|



HELP US HAVE A CLEANER TRAIL 100 ANDORRA BY UTMB®. COME BY BUS.

PRACTICAL INFORMATION



PUBLIC BUS

From Andorra la Vella to Ordino you can also take the [public bus L6](#) with frequent travels. It is recommended to take this bus to get to Ordino to pick up your race bib before the race.

FROM ANDORRA LA VELLA

Monday to Friday: From 7:00 to 22:00, every 15 min.

Saturday: From 7:05 to 21:45, every 20 min.

Sunday and public holidays: From 7:00 to 21:30, every 30 min.

FROM ORDINO

Monday to Friday: From 7:00 to 22:05, every 15 min.

Saturday: From 7:00 to 22:00, every 20 min.

Sunday and public holidays: From 7:00 to 21:30, every 30 min.

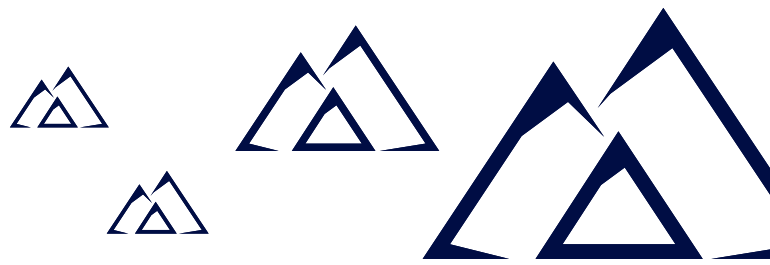
Public bus service from La Cortinada and Sornàs is also available to get to Ordino (cost: 0,20 eur).

PARKING IN ORDINO



In Ordino you will find some available parking lots if you come with your vehicle. In [this map](#) you can see the location of all the available parkings. Please note that car parks in Ordino are limited; we encourage the use of the bus.

REGISTRATION INFORMATION



COLLECT YOUR BIB

During the event's previous week, you will receive an email with the registration information.

WHERE: [Andorra Congr s Centre Ordino](#).

WHEN:

Friday: 10:00-13:00; 15:00-20:00 (only for Ultra 105K, Trail 80K, Trail 50K)

Saturday: 10:00-13:00; 15:00-20:00 (only for Trail 21K and Trail 10K).



WHAT YOU NEED TO PRESENT:

- ID card
- QR code of your registration confirmation (sent by email)
- Federation license (in case you have it)

There will be no delivery of bibs on the race days.

INSURANCE INFORMATION

Participants must hold a Federation License from the Andorran Mountaineering Federation or a license recognized by it that covers accidents' costs during the race.

IMPORTANT: If a participant is not a license holder, it is mandatory to purchase the Daily Individual Liability and Accident Insurance from the organization. **This has to be purchased through your ACTIVE profile on Myevents before the event.**

Please note that it will NOT be possible to purchase the daily insurance onsite.

Note: Foreign visitors should note that the European Health Insurance Card (EHIC) is not accepted in Andorra. Participants that do not hold a federation licence that covers in Andorra or don't purchase our insurance, are responsible for paying all medical costs in case of accidents.



REGISTRATION INFORMATION

WHAT YOU WILL GET AT THE BIB COLLECTION:

FOR ALL RACES:

- **RACE BIB WITH TRACKING DEVICE CHIP**
to be placed on the chest or abdomen.
The number must be placed in a visible part so you can be identified at all times.



- **RUNNER'S WRISTBAND**

You must wear it during the entire event.
It will allow you to enter the runners' zones.



- **EVENT SLING BAG**



- **WHITE BAG FOR SPARE CLOTHES**

It can be filled with the items of your choice. You can drop it off before the race start in Ordino and collect it after the race.



- **TRASH BAG**

Put your garbage in it during your race.
Let's respect the environment!



- **RUNNER BELT**

You will receive it at the EXPO after picking up your race bib.



FOR SOME RACES:

- **GPS DEVICE** (only for 105K, 80K and 50K)
to be returned after the race



- **SPARE BAGS FOR THE LIFE BASES**
(2 for 105K and 1 for 80K)



- **WRISTBAND FOR THE PERSONAL ASSISTANCE** (only for 105K)



The supporter must wear it to have access to the areas where personal assistance is allowed.

Only one person is allowed to assist a runner in the designated areas.

RACE RULES

RUNNER'S COMMITMENT

To participate in a UTMB event, in particular it is essential:

To be completely aware of the length and difficulty of the event and to be adequately prepared for it.

To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:

- Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
- Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
- Aware that the organization's role is not to help a runner manage these problems.
- Aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
- To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

SEMI-AUTONOMY / SELF-SUFFICIENCY

Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

1. Throughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will be car-

ried in a pack (backpack or belt) and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.

2. The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.
3. For the race 105K, a personal assistant is allowed at certain aid stations, in the area specifically reserved for this use and at the discretion of the team leader (see page 33). Only one person is allowed to provide assistance, which only includes providing the runner a bag with a maximum volume of 30 liters. Medical assistance given by a member of the runner's crew, is strictly forbidden, only small cares are allowed like massage and treating a blister as long as the runner remain seated on a chair and does have to lie. The rest of the aid station is strictly reserved for the runners.
4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator run zones which are clearly marked in the proximity of the aid stations. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The assistance zone begins 500m before and ends 500m after the aid station, and there is only one assistant allowed per runner. The race stewards/marshals or team leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules. Runners are not allowed to participate with a dog or any other animal, including service animals.

EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist and must carry all the equipment with them during the duration of the race even if the runner is not using it.

Organized and/or random equipment checks will be carried out at the start and during the race. A penalty up to and including disqualification will be applied to runners who do not have all the mandatory equipment with them.

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy precipitation and snow and will be a better protection and allow better performances.

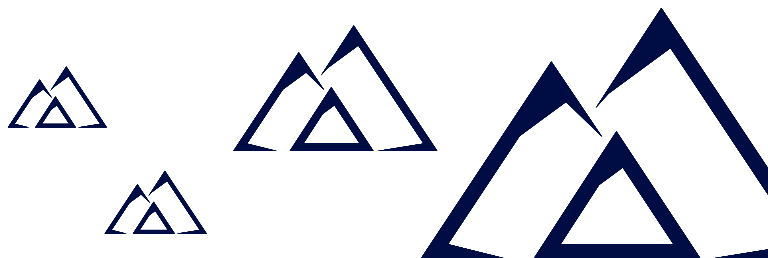
It is important to pack all this equipment in a way that preserves it from rain/snow and keeps it dry when it needs to be used (for example, using waterproof plastic bags).

List of mandatory equipment is available on page 20 and on the website.

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. The mandatory gear must be carried in a running pack or belt for the duration of the whole race and must not be changed during the race.

In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.

If runners choose to take hiking poles with them, they must carry them for the entire duration of the race. It is forbidden to start without poles and get them during the course of the



RACE RULES

race. No poles are authorized in the spare bags. The use of poles may be prohibited in certain areas marked by specific signs along the course, for safety or environmental reasons.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when crossing any roads, as well as on approach to, and whilst at, any checkpoints and when approaching and passing any Safety Team members.

RACE-BIBS

The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race. It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the organization transportation, aid stations, medical points, rest rooms, showers, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the race bib will be cut.

RESPECT FOR THE ENVIRONMENT

When registering for one of the UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular:

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers,...). Trash/rubbish bins are available at each aid-station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste to the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.

- All runners must follow the paths as they are way-marked, without short-cutting them. Actually, short cutting a path causes erosion thus damaging the site.
- No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. This is to reduce plastic waste by runners, as well as by the volunteers of the UTMB®. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

AID STATIONS

Along the race route, there are points where runners are provided food and drinks. Aid stations supply drinks and food for consuming within the aid stations. The organization supplies still water and electrolyte/sports drink for filling the mandatory water bottles/hydration packs and personal collapsible cups. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

To enter the aid stations, runners must wear their race-bib.

In the following pages you will find the full list of aid stations and what kind of food/drinks runners may find there.

CHECK POINTS

Runners are checked upon arrival at an aid station and at some security points along the course. Unexpected checkpoints are set up along the route. Their location will not be publicized.

SAFETY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the command center. There is medical staff at the command center or on the course during the events. Medical stations are intended to assist any runner in need of medical assistance. It is up to a runner in need of assistance or injured to call for help:

- By going to a medical station
- By calling the command center (phone number should be

- saved in mobile/cellphone)
- By asking another runner to call for help
- By using the SOS function on the LiveTrail app (if applicable)

Runners must provide assistance to any person in danger and alert the command center.

If a runner is unable to call the command center, and only if it is an absolute emergency, runners may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): local emergency number will be specified on the race guide.

A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

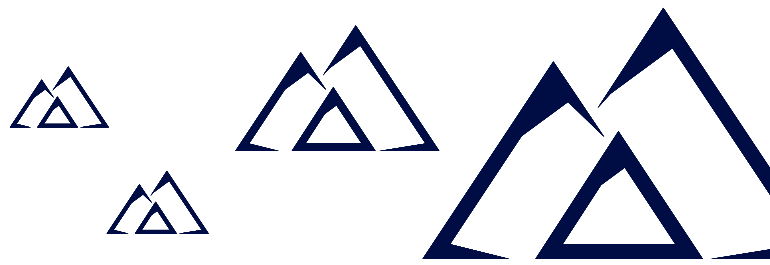
All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

- Remove any participant who is deemed unable to continue the event.
- Demand any competitor to use any item of the mandatory equipment.
- Evacuate any runners deemed to be in danger.
- Refer runners to the most appropriate care facility.

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agrees to accept their decisions. If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical center at the finish area available for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of care available. Runners must stay on the marked path, even when they sleep. All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

RACE RULES



TIME LIMIT AND CUTOFF TIMES

You may find the time limit (cut-off times) for leaving the main aid stations on the following pages.

Cut-off times are calculated to allow participants to reach the finish within the time limit. In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time (whatever their time of arrival at the check point). All runners who drop out, are stopped by the organization, or are behind official time barriers are not allowed to continue the race. Their bib will be cut and they will be transported back to the event area by the organization transportation.

DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw the race must do so only at a check point. They must inform the person responsible for the point or report their withdrawal via the LiveRun app (if applicable) and inform the command center. If a runner wishes to withdraw while on the route between two checkpoints, he/she must reach the nearest checkpoint where he/she must report their withdrawal. Runners who withdraw must keep their race bib because it is the pass to access organization transport, meals, treatment rooms,...

Repatriation works as follows:

- Vehicules are available at some aid stations to take runners who drop out back to finish line.
- Runners who drop out at any other aid station or check point but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.
- For aid stations or security points accessible by car or 4x4: After the closing of the aid station/security points, the organization might repatriate any runners

who have abandoned and haven't left the aid station yet.

In the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.

REST

During the race, runners will have some rest areas in some aid stations, with camp beds and blankets. Runners having finished their race and wishing to prolong their stay, must have their own accomodation.

COMPLAINTS/PROTESTS

Any complaint regarding the rankings must be submitted to the organization within two hours after the runner's arrival. Any other complaint must be submitted to the organization by email within 10 days after the end of the event.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- Modify the cut-off times
- Change the start date
- Adapt the race's course
- Cancel the race
- Stop temporarily the race
- Stop the race in progress

RIGHTS FOR IMAGE

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organizers and their partners for the use of their image. Only the organization can transfer this right for images to any media, via an accreditation or relevant license. Ultra-Trail®, Ultra-Trail du Mont-Blanc®, UTMB®, CCC®, TDS® and PTL® are legally registered trademarks. All communication about the event or the use of images from the event must respect the name of the event, the registered trademarks and have official approval from the organization.

INDIVIDUAL SPONSORS

Runners who are sponsored or otherwise using the branding of third-parties for promotional purposes, shall only use such third-party branding on their clothing and equipment during the competition. All other items, including but not limited to flags, banners or posters, are not allowed to be used, carried or worn along the race route, including at the finish line. Violations against this provision might lead to a penalty as decided in the sole discretion of the respective race directors.

POLITICAL EXPRESSION

Any proclamation, display or exhibition of political or religious messages or related images during the Event is prohibited.

INSURANCE

Civil liability The organization takes out a third party insurance for the duration of the event. This civil liability insurance guarantees the financial consequences of its liability, that of its employees and that of the participants.

PHONE OF RACE COMMAND: +376 681 456

EMERGENCY PHONE NUMBER: 112



MANDATORY EQUIPMENT CHECKLIST

For a more detailed list of the items, please visit our website.

105
KM

80
KM

50
KM

21
KM

10
KM

| | 105 KM | 80 KM | 50 KM | 21 KM | 10 KM |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Water supplies (full when leaving an aid station and the start line) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Personal collapsible cup (There will not be any distributed in the aid stations) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Waterproof* and Breathable** jacket with waterproof seams and hood | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Food reserve (800kcal recommended) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Head thermal protection covering the ears (tubular authorized) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Survival blanket or survival bag of 1.4m x2m minimum | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Whistle | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Mobile phone with fully charged battery | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| First aid kit | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Long-legged trousers | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | | |
| Long-sleeve thermal top | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Full-fingered thermal gloves | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | | |
| Headlamp with spare batteries (200 lumens recommended) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | | |
| ID or passport | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| GPS Tracking device | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | | |
| Poles | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sunscreen | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Red blinking light | <input type="radio"/> | <input type="radio"/> | | | |
| Spare warm clothing | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | | |
| Spare forehead flashlight | <input type="radio"/> | <input type="radio"/> | | | |

* minimum recommended 10 000 Schmerber (10,000 mm)

**RET value recommended: minimum of 13



MANDATORY EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist and must carry all the equipment with them during the duration of the race even if the runner is not using it. For a more detailed list of the items, please visit our website.

The “hot-weather” and the “cold-weather” kits are part of the mandatory equipment. According to the weather conditions, the race organizer might require one of those two additional kits and inform each participant before the race.

HOT WEATHER KIT (may be required by the organization, depending on weather conditions):

- Sunglasses ***
- Saharan cap or any combination which completely covers the head and nape/back of the neck
- Sunscreen, recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters.

COLD WEATHER KIT (may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- 3rd warm layer (intermediary layer between the 2nd layer and the waterproof jacket)
- Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded).

*** It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses).





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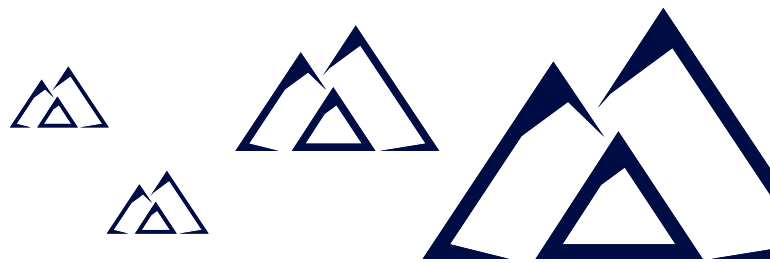
UTMB[®]
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BRIEFING



The Briefing for each distance will be held ONLINE and it will be published on the event website at the following times:

| Day & Time | Location | What |
|--------------------|-----------------------------------|---|
| Thursday 13, 17:00 | Trail 100 Andorra BY UTMB website | Briefing Ultra 105K  |
| Thursday 13, 18:00 | Trail 100 Andorra BY UTMB website | Briefing Trail 80K  |
| Thursday 13, 19:00 | Trail 100 Andorra BY UTMB website | Briefing Trail 50K  |
| Friday 14, 18:30 | Trail 100 Andorra BY UTMB website | Briefing Trail 21K  |
| Friday 14, 19:00 | Trail 100 Andorra BY UTMB website | Briefing Trail 10K  |

The organization will use these briefings to inform you about different aspects of the race, for instance:

- The route to follow and the technical points where you should pay special attention.
- Weather forecast for the race day.
- Aid station points.
- Modifications of the necessary material.



FOR EVERY ADVENTURE

SUSTAINABLE HEAD & NECKWEAR
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TRACKING DEVICE



If you are going to participate in the category of Ultra 105K, Trail 80K or Trail 50K, you should pick up your GPS tracking device during the bib collection. The GPS device, using GSM technology, allows us to locate you in case of an emergency.

It is necessary to carry the GSM tracking unit during the entire race. Place your device in your bag in a safe way.



USER MANUAL

SWITCH ON GPS TRACKER

- Switch on the GPS tracker 45-15 minutes before the start.
- To do this, press button 1 firmly for approx. 3 seconds until the LEDs start to light up.
- If you have any problems, the Datasport team at the start line will be happy to help.

STOW THE GPS TRACKER CORRECTLY

- Carry the GPS tracker in an outside pocket, with the leds facing outwards, at the top of your rucksack.
- Do not stow drinks or other material above the trackers, otherwise no signal can be sent.
- It is best to use a separate pocket, so that the tracker does not fall out and get lost.

SENDING AN EMERGENCY SIGNAL

- In an absolute emergency (if there is a serious health problem or urgent help is needed), an emergency signal can be sent via the tracker (mobile phone reception needed).
- Press and hold the large button (2) for approx. 3 seconds until the tracker vibrates.
- By taking the GPS tracker, participants accept that Datasport does not take any responsibility for missing or delayed assistance following an emergency signal.

RETURNING THE GPS TRACKER

- Return the GPS tracker at the drop-off point at the finish line.
- If the race is abandoned, return the GPS tracker to the nearest course station.
- **IMPORTANT:** Non-returned trackers will be charged to the participant with 150€.

The LiveTrail APP: a complete experience on a single platform!

In order to offer a complete experience on a single platform, the LiveTrail application now incorporates the functions of the LiveRun and LiveInfo applications.

MAIN FEATURES



For the public:

- Search for your family and friends and track their progress, speed, their last crossing point and the estimated time to the next crossing point
- Get your bearings on the route, view all the routes, with cut-off times, and launch GPS navigation to a waypoint to get there
- Access general information about the event (maps, timetables, parking, transport, programme, etc.)
- Live or relive the excitement of the race using LiveCams at various points of interest along the route
- Create a list of favourites, select several runners to follow and keep up to date with their progress using automatic notifications
- Get information on the runners taking part in the event (UTMB Index, runner achievements)



For the runner:

- Prepare for your race using the virtual runner feature. Estimate your progress at the various checkpoints based on your target time or your UTMB Index
- For your safety, report your withdrawal from the race, send an SOS or call Race HQ
- Discover the upcoming important checkpoints with the estimated time to get there
- Follow your friends, compare your progress with them and receive notifications of their passage through the various intermediate points
- Use your smartphone as a GPS beacon so that the public and Race HQ know your position in real time



SCAN THE CODE AND DOWNLOAD THE APP

WAY-MARKING

The track is marked in the entire route with different signs:

- Flags;
- Signs/Posters: mainly arrows or other signs that indicate points that require special attention, like a complicated cross.
- Strips: they mark the track and you should never lose sight of them.

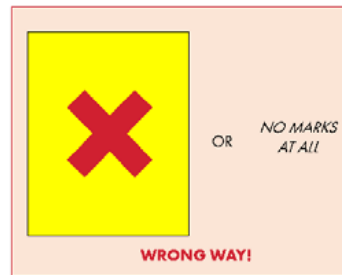
Try to be aware of the different signs at any moment to avoid accidents or to go off the track marked by the organization.

WARNING: if you can't see any way markers, turn back!

Way markers are made of a reflective material that catches the light from the runner's headlamp, so that they are easily visible at night.

Because we respect the environment, we do not use any paint on the trails.

On race day, runners must follow the route indicated by the flags and signs posted by the organisation. The track that you find on the website is indicative. As it may get some variation, it is **MANDATORY** to follow the signs provided by the organization.





SERVICES

DURING THE RACE

INFO POINT

The Information Point is located:

- On Friday at the Bib distribution (sala ACCO) 10:00-13:00; 15:00-20:00
- On Saturday at the Village 4:00-19:00
- On Sunday at the Village 7:30-16:00.

Our staff will happily answer any questions related to the results, lost items or any other information that you may need during the event.

AID STATIONS

Each race will have aid stations where you will find nutrition products, drinks and toilets. Please read the following pages to see what you will find at each aid station.

MEDICAL SERVICE

The medical team is strategically placed throughout the race and ready for any emergency.

You can also visit the medical service of the Village if you experience any medical problem.

The medical center will be open from the arrival of the first runner until 30 minutes after the closing of the finish line.

AFTER THE RACE

POST RACE MEAL

Apart from the food that you will find at the aid stations, every runner will have access to a catering service that will be offered at the end of the race at the Runner's Village.

REST AREA

- Changing rooms and showers. After the race, the runners can access to changing rooms and showers. They will be in the Club Esportiu Ordino (CEO).
- Relaxing zone. Runners of 105K, 80K and 50K will have access to the sports center of Ordino (CEO), where they will enjoy a room with tatamis to lay and rest.
- Podiatry and massages. The athletes of 105K, 80K and 50K will have access to the podiatry and massage services at the end of the race in the Rest Area.

FINISHER GIFT

- Don't forget to grab your medal and your Finisher T-shirt at the Finish Line and celebrate!



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ULTRA**



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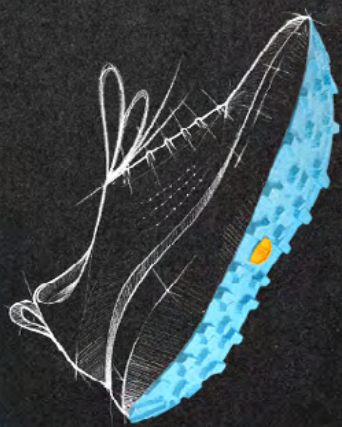
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CARE**



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VIBRAM AND BECOME A
TESTER



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REPAIR
NEAR YOU**

[VIBRAM.COM/SHOE-REPAIR-LOCATOR](https://vibram.com/shoe-repair-locator)



VIBRAM.COM

ULTRA 105K

Take a tour of the entire country, crowning some of the many peaks of the Principality, including Pic del Comapedrosa, the highest peak in Andorra, enjoying incredible views, trails and more trails, lakes and a multitude of shelters.

RACE CATEGORY



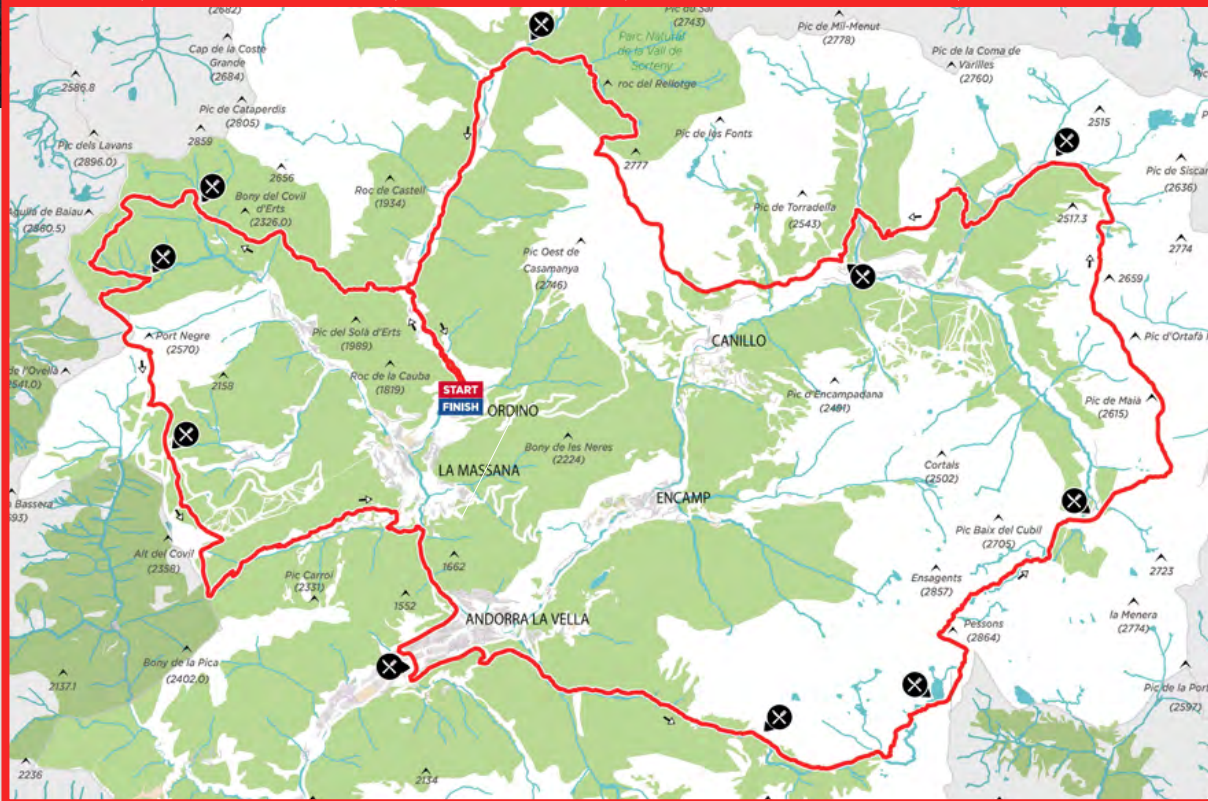
Distance
105KM

Elevation gain
6700M+

Start place
ORDINO

Start date
15TH JUNE 2024

Start time
05:00



START INFO

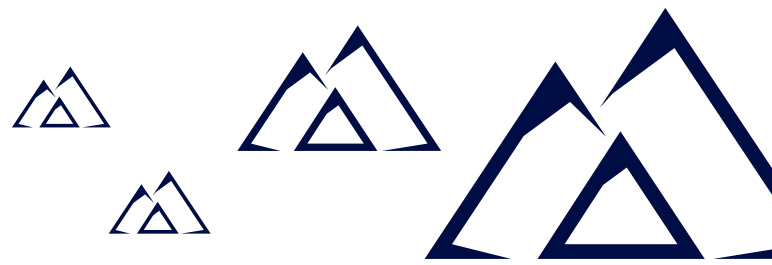


START ORDINO
Plaça de l'Església
Saturday 15th at 5:00



Shuttle to race start with stops in:
Andorra la Vella at 3:45
La Massana at 3:55

DOWNLOAD THE GPX FILE



TIMETABLE

THURSDAY 13TH

| Time | Location | What |
|-------|-----------------------------------|---------------------|
| 17:00 | Trail 100 Andorra BY UTMB website | Briefing Ultra 105K |

FRIDAY 14^H

| | | |
|----------------------------|-------------------------------|------------------|
| 10:00-13:00 15:00-20:00 | Andorra Congr s Centre Ordino | BIB distribution |
|----------------------------|-------------------------------|------------------|

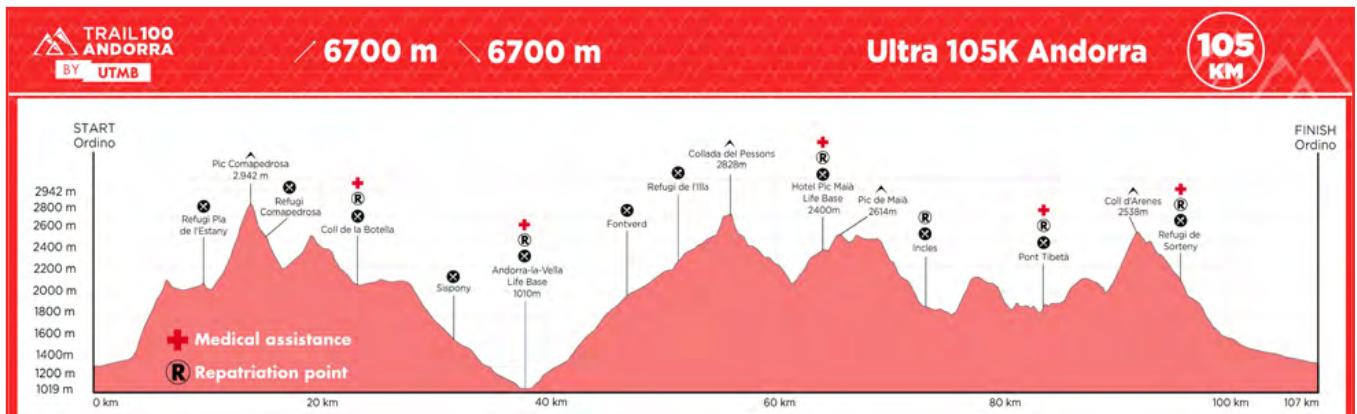
SATURDAY 15TH

| | | |
|-----------|---------------------------------|--|
| 3:45-4:45 | Ordino, Centre C v ic Esportiu | Spare bags (blue and white) drop off |
| 3:45 | Andorra la Vella (Parc Central) | Bus departure to racestart from Andorra la Vella |
| 05:00 | Ordino, Pla a de l'Esgl sia | RACE START 105K |
| 18:35 | Ordino, Pla a de l'Esgl sia | Expected 1st runner 105K |

SUNDAY 16TH

| | | |
|-------|-----------------------------|-----------------------------|
| 15:00 | Ordino, Pla a de l'Esgl sia | Expected Last Finisher 105K |
| 15:00 | Ordino, Pla a de l'Esgl sia | Awards Ceremony 105K |

PROFILE



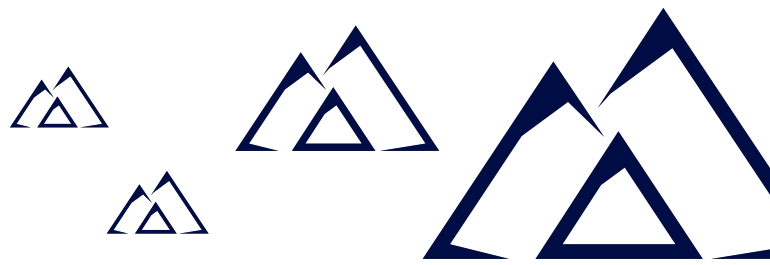
AID STATIONS & TIME CHARTS

| Point | Dist. Inter (KM) | Dist. (KM) | Altitude (M) | Elevation + (M) | Elevation - (M) | Fastest | Cut Off | Services |
|---------------------------------|------------------|------------|--------------|-----------------|-----------------|-----------|-----------|----------|
| Ordino | 0 | 0 | 1322 | 0 | | Sat 05:00 | | |
| Refugi Pla de l'Estany | 10 | 10 | 2050 | 1195 | 311 | Sat 06:15 | | |
| Refugi Comapedrosa | 6 | 16 | 2275 | 2069 | 1000 | Sat 07:25 | | |
| Coll de la Botella | 6.5 | 22.5 | 2071 | 2370 | 1549 | Sat 08:05 | Sat 12:15 | |
| Parc Central (Andorra la Vella) | 15 | 37.5 | 1018 | 2777 | 2850 | Sat 09:20 | Sat 15:00 | |
| Refugi Font-verd | 9 | 46.5 | 1883 | 3728 | 2858 | Sat 10:30 | Sat 17:15 | |
| Refugi de l'Illa | 6.5 | 53 | 2475 | 4399 | 3179 | Sat 11:30 | Sat 20:00 | |
| Hotel Pic Maia | 9 | 64 | 2400 | 5193 | 3676 | Sat 13:05 | Sun 00:00 | |
| Incles | 14.5 | 75.5 | 1840 | 5465 | 4625 | Sat 14:25 | Sun 04:00 | |
| Pont Tibetà | 7.5 | 83 | 1942 | 5654 | 5010 | Sat 15:45 | Sun 07:00 | |
| Refugi Sorteny | 11 | 94 | 2006 | 6807 | 6697 | Sat 17:30 | Sun 12:00 | |
| Ordino | 11 | 105.7 | 1322 | 6913 | 6913 | Sat 18:35 | Sun 15:00 | |

DRINKS & FOOD
 MEDICAL STATION
 HOT MEAL
 REST AREA
 TIME LIMIT
 TOILETS
 SHOWERS
 DROP BAGS

ASSISTANCE AUTHORIZED





SPARE BAGS

For Ultra 105K race, runners will get **two blue bags** at the bib collection and personal identification sheet with their bib number.

The aim of these bags is for the runners to leave all the material that they want to find in the aid stations in Andorra la Vella and Hotel Pic Maia (specific nutrition products, spare shoes and clothes, etc.). The bags should be dropped off before the start of the race in Ordino (up to 15 minutes before the start).

The runner will find the bags at the life bases:

- **Andorra la Vella (Parc Central)** (KM 37,5)
- **Hotel Pic Maia** (KM 64).

After the race, both bags can be collected by the runner or a family member or friend upon presentation of the race bib at the Runner's Village in Ordino.

Only the bags provided by the organisation will be transported.

The bags must be retrieved no later than 2 hours after the end of the race.

As the items in the bags are neither checked nor controlled, the race organizer is not responsible for the items in the bags. We recommend not to put any valuable items in the bags.

Note that poles are not authorized in the drop bags.

In addition to the blue bags, runners will also receive a **white bag** in which they can put items (such as spare clothes) that they will find at the finish line. This white bag has also to be dropped off before the race start in Ordino.



PERSONAL ASSISTANCE

Personal assistance is only allowed at the aid stations of **ANDORRA LA VELLA (KM 37.5)** and **HOTEL PIC MAIA (KM 64)**.

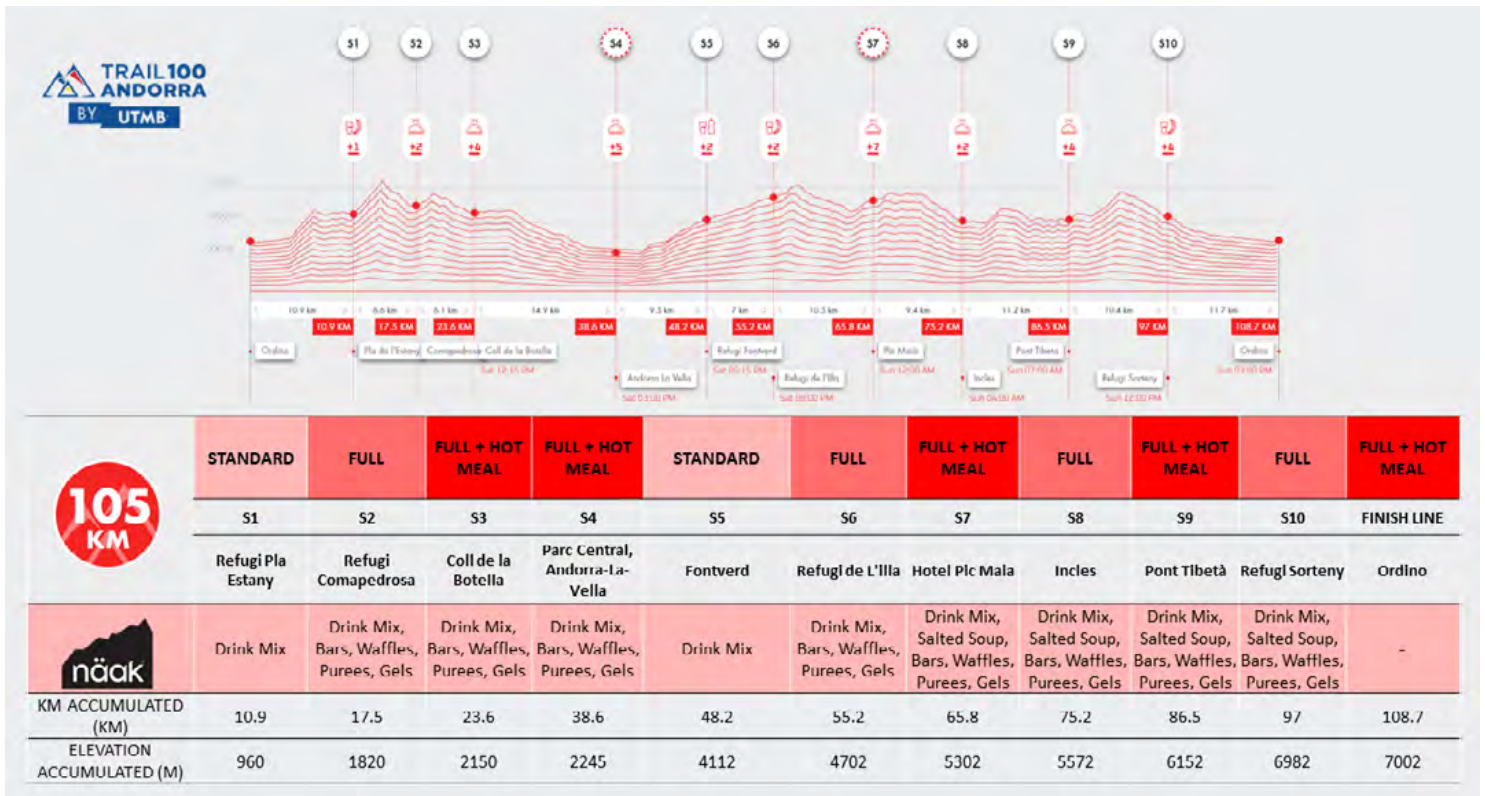
Assistance will be provided by a single person, in the area specifically reserved for this use, after identifying themselves by means of the **"Supporter" wristband**, and at the discretion of the aid station chief.

"SUPPORTER" wristbands are provided at the time of the bib delivery.

Your assistance is entitled only to access with a handbag (maximum 30 litres) to carry the necessary products.



AID STATION PRODUCTS



STANDARD AID STATION (COLD FOOD & COLD DRINKS)

DRINKS: Water, Coca Cola, Fruit Juice

FOOD: Bananas, Oranges, Watermelons, Trail Mix (Nuts & Dry Fruits), Gummies, Chocolate Bar, Cookies, Salty Crackers.

FULL AID STATION (COLD FOOD & SANDWICHES, COLD & HOT DRINKS)

DRINKS : Water, Coca Cola, Fruit Juice, Broth

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato.

FULL + HOT MEAL AID STATION (COLD FOOD & HOT MEAL, COLD & HOT DRINK)

DRINK: Water, Coca Cola, Fruit Juice, Broth, Coffee, Tea

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

HOT MEAL: Pasta or Rice with Sauce (Bolognese, Carbonara, Napolitan).

HOTSPOTS FOR THE SUPPORTERS

Friends and family can support the runners throughout the track and enjoy the amazing beauty of Andorra. Check here in [this map](#) the best viewpoints along the route!

- **REFUGI PLA D L'ESTANY**, reachable on foot 40min or with a 4x4 jeep (6:10-7:20 Sat)
- **PEAK OF COMAPEDROSA**. Andorra highest peak; on foot 2h30 (7:25-10:20 Sat)
- **COLL DE LA BOTELLA**, you arrive perfectly with vehicle (8:10-12:30 Sat)
- **SISPONY** area, by car and on foot (09:00-14:35 Sat)
- **PARC CENTRAL (ANDORRA LA VELLA)**, life base in the center of Andorra la Vella. From here you can follow the route a bit and take photos at Rec del Solà, very easy access (09:30-16:00 Sat)
- **ENTRANCE OF THE MADRIU NATURAL PARK**, very easy access until here by car and from here you can get very beautiful photos walking a very short distance (10:35-18:00 Sat)
- **HOTEL PIC MAIA** life base on the top of Port d'Envalira, easy access by car (13:40 Sat - 1:45 Sun)
- **VALL D'INCLES** by car, very nice place (14:45 Sat - 5:00 Sun)
- **PONT TIBETÀ**: aid station: access on foot until the bridge from the road of Coll d'Ordino (2km walk). Note that's difficult to park on the road.
- **REFUGI DEL SORTENY**, 15min walking or by vehicles; unpaved road by accessible by car (18:00 Sat - 14:00 Sun).

TRAIL 80K

Cross the entire country enjoying incredible views, trails and more trails, lakes, tibetan bridges and waterfalls. Run up to Tristaina Solar Viewpoint and along Sorteny and Ransol valleys through some of the most beautiful and historic trails of the country.

RACE CATEGORY

100K M



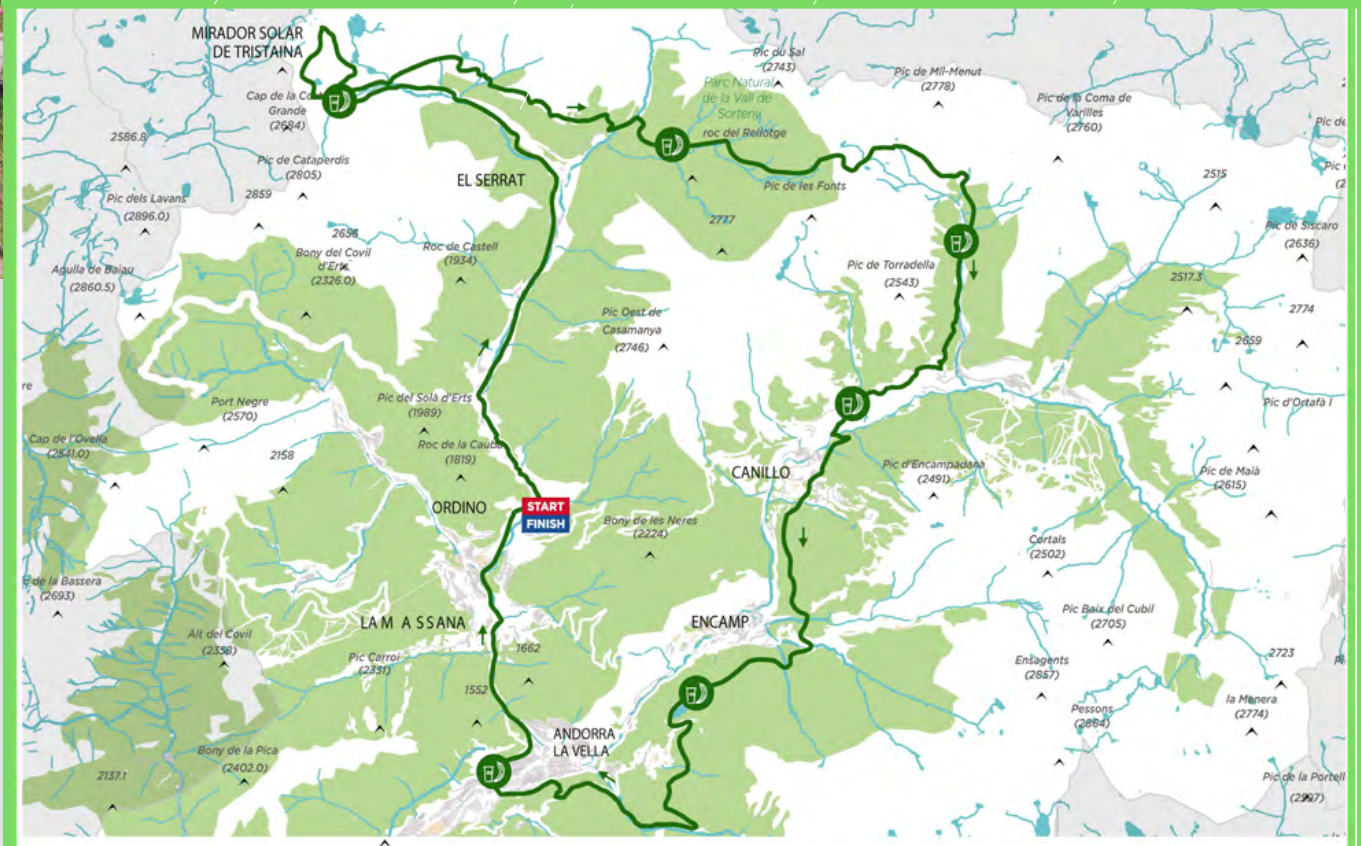
Distance
80KM

Elevation gain
3900M+

Start place
ORDINO

Start date
15TH JUNE 2024

Start time
10:00



START INFO



ORDINO
Plaça de l'Església
Saturday 15th at 10:00



Shuttle to race start with stops in:
Andorra la Vella at 8:45
La Massana at 8:55

DOWNLOAD THE GPX FILE

TIMETABLE





THURSDAY 13TH

| Time | Location | What |
|-------|-----------------------------------|---|
| 18:00 | Trail 100 Andorra BY UTMB website |  Briefing Trail 80K |

FRIDAY 14^H

| | | |
|----------------------------|-------------------------------|---|
| 10:00-13:00 15:00-20:00 | Andorra Congr s Centre Ordino |  BIB distribution |
|----------------------------|-------------------------------|---|

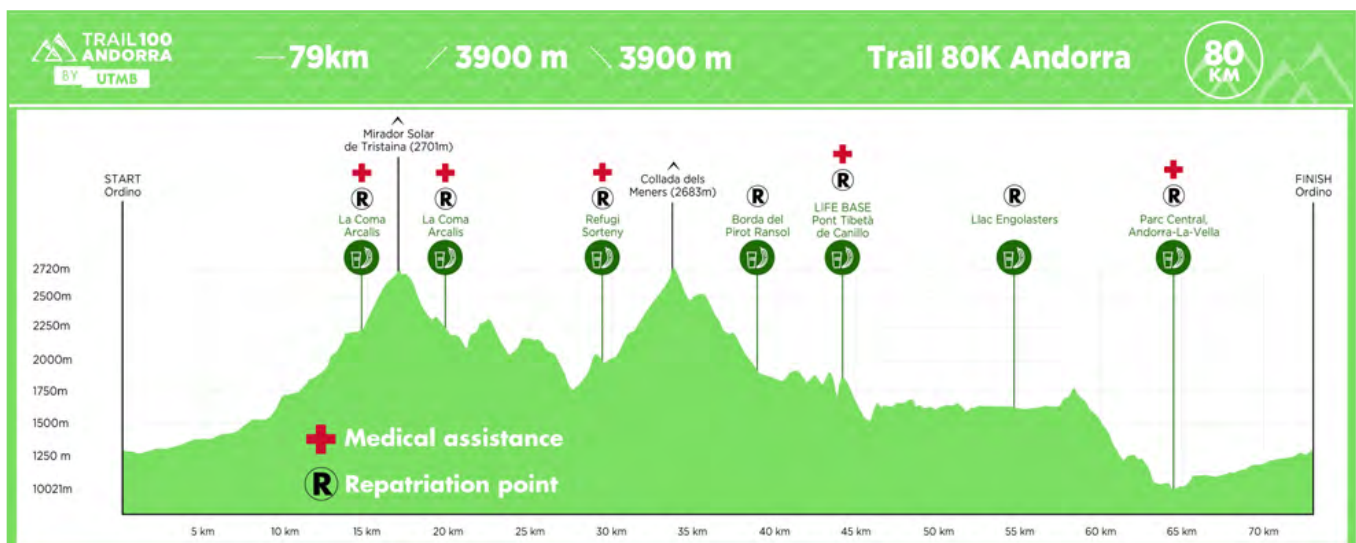
SATURDAY 15TH

| | | |
|-----------|---------------------------------|---|
| 8:45-9:45 | Ordino, Centre C vic i Esportiu |  Spare bags (blue and white) drop off |
| 8:45 | Andorra la Vella (Parc Central) |  Bus departure to racestart from Andorra la Vella |
| 10:00 | Ordino, Pla a de l'Esgl sia |  RACE START 80K |
| 18:15 | Ordino, Pla a de l'Esgl sia |  Expected 1st runner 80K |

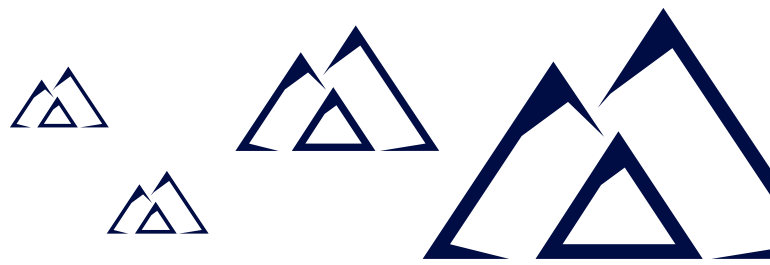
SUNDAY 16TH

| | | |
|-------|-----------------------------|--|
| 11:00 | Ordino, Pla a de l'Esgl sia |  Awards Ceremony 80K |
|-------|-----------------------------|--|

PROFILE



AID STATIONS & TIME CHARTS



| Point | Dist. inter (KM) | Dist. (KM) | Altitude (M) | Elevation + (M) | Elevation - (M) | Fastest | Cut Off | Services |
|---------------------------------|------------------|------------|--------------|-----------------|-----------------|-----------|-----------|----------|
| Ordino | 0 | 0 | 1322 | 0 | 0 | Sat 10:00 | | |
| La Coma Arcalis -1 | 14.7 | 15.5 | 2236 | 1025 | 102 | Sat 11:20 | Sat 13:00 | |
| La Coma Arcalis -2 | 20.9 | 21.5 | 2236 | 1537 | 629 | Sat 12:05 | Sat 15:30 | |
| Refugi del Sorteny | 30.8 | 32 | 1985 | 2106 | 1432 | Sat 13:20 | Sat 18:30 | |
| Borda del Pirot Ransol | 41 | 42 | 1925 | 2905 | 2291 | Sat 14:35 | | |
| Pont Tibeta | 46.3 | 48 | 1862 | 3110 | 2556 | Sat 15:15 | Sat 23:00 | |
| Llac Engolasters | 58.7 | 59.5 | 1637 | 3350 | 3028 | Sat 16:30 | Sun 02:30 | |
| Parc Central (Andorra la Vella) | 70.3 | 70 | 1010 | 3520 | 3820 | Sat 17:15 | | |
| Ordino | 79.4 | 79 | 1322 | 3835 | 3840 | Sat 18:15 | Sun 08:00 | |

COLD DRINKS & FOOD
 MEDICAL STATION
 HOT MEAL
 REST AREA
 TIME LIMIT
 TOILETS
 SHOWERS
 DROP BAGS

SPARE BAG

For Trail 80K race, runners will get **one blue bag** at the bib collection and personal identification sheet with their bib number.

The aim of this bag is for the runners to leave all the material that they want to find in the aid station **Pont Tibetà (KM 46.3)**: specific nutrition products, spare shoes and clothes, etc.

The bag should be dropped off before the start of the race in Ordino (up to 15 minutes before the start).

In addition to the blue bag, runners will also receive a **white bag** in which they can put items (such as spare clothes) that they will find at the finish line. This white bag has also to be dropped off before the race start in Ordino.

After the race, the bags can be collected by the runner or a family member or friend upon presentation of the race bib at the Runner's Village in Ordino.

Only the bags provided by the organisation will be transported.

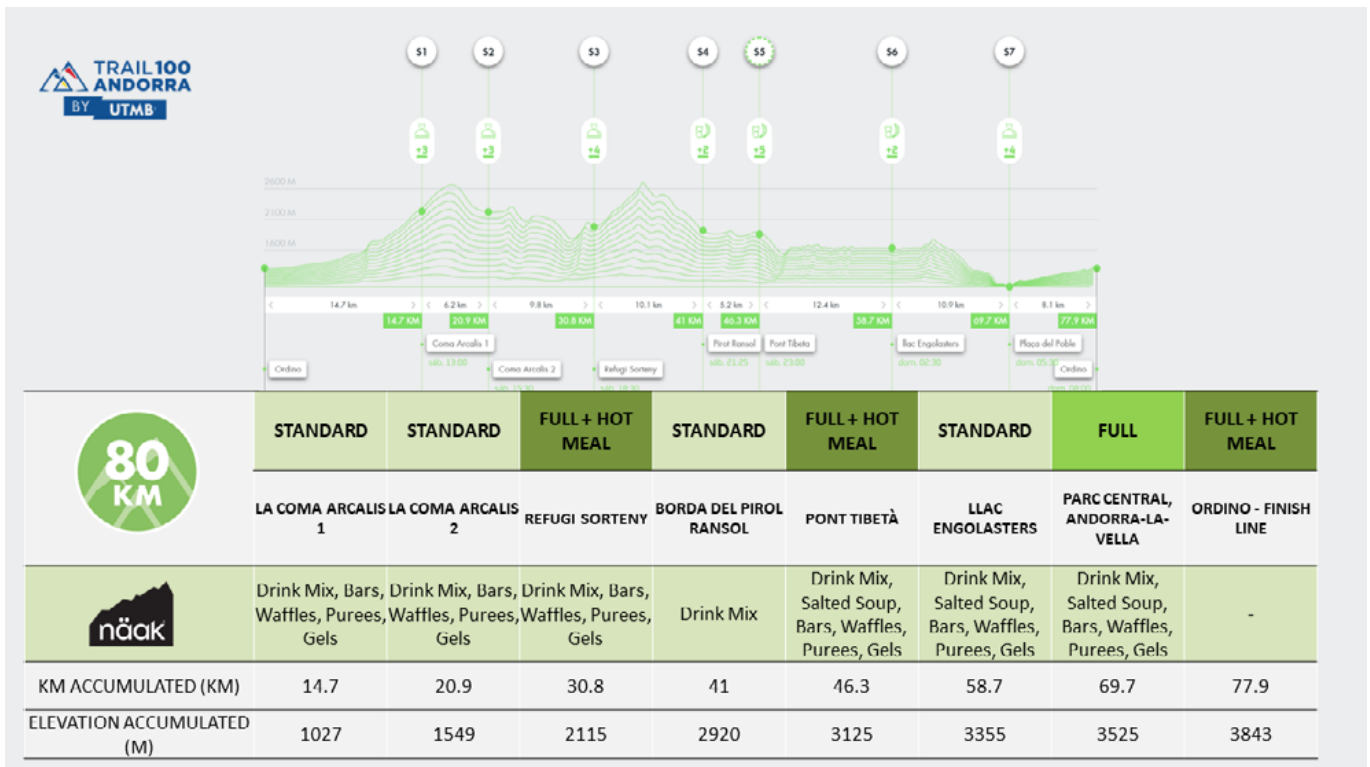
The bags must be retrieved no later than 2 hours after the end of the race.

As the items in the bags are neither checked nor controlled, the race organizer is not responsible for the items in the bags. We recommend not to put any valuable items in the bags.

Note that poles are not authorized in the drop bags.



AID STATION PRODUCTS



STANDARD AID STATION (COLD FOOD & COLD DRINKS)

DRINKS: Water, Coca Cola, Fruit Juice

FOOD: Bananas, Oranges, Watermelons, Trail Mix (Nuts & Dry Fruits), Gummies, Chocolate Bar, Cookies, Salty Crackers.

FULL AID STATION (COLD FOOD & SANDWICHES, COLD & HOT DRINKS)

DRINKS : Water, Coca Cola, Fruit Juice, Broth

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato.

FULL + HOT MEAL AID STATION (COLD FOOD & HOT MEAL, COLD & HOT DRINK)

DRINK: Water, Coca Cola, Fruit Juice, Broth, Coffee, Tea

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

HOT MEAL: Pasta or Rice with Sauce (Bolognese, Carbonara, Neapolitan).

HOTSPOTS FOR THE SUPPORTERS

The audience can support the runners throughout the track and enjoy the amazing beauty of Andorra. Check here [in the MAP](#) the best viewpoints along the route on Saturday!

- **COMA D'ARCALIS** aid station: access by car until parking Ordino-Arcalis. From there you can walk 1 hour following GRP or you take the cable car (10') until here.
- **TRISTAINA SOLAR VIEWPOINT**: access by cable car from Coma d'Arcalis or walking.
- **REFUGI DEL SORTENY** aid station: nice hut with terrasse. Access on foot from the car park (15'-20' walk).
- **RANSOL** aid station: access by car, close to the river.
- **PONT TIBETÀ** aid station: access on foot until the bridge from the road of Coll d'Ordino (2km walk). Note that's difficult to park on the road.
- **ENGOLASTERS LAKE**: access by car until the car park Llac Engolasters. From there it's 5-10' walk until the aid station.
- **PARC CENTRAL** aid station: access by car, in the centre of Andorra la Vella. Last aid station, nice park.



TRAIL 50K

While the route isn't easy, the beauty of the Casamanya crossing and the journey through the Compadrosa Natural Park will leave every runner changed for the better!

RACE CATEGORY

50K M

RUNNING STONES
2
UTMB

DIRECT ENTRY
OCC
TOP 3
WORLD SERIES

| | | | | |
|------------------|--------------------------|-----------------------|------------------------------|--------------------|
| Distance 50KM | Elevation gain 3600M+ | Start place ORDINO | Start date 15TH JUNE 2024 | Start time 7:30 |
|------------------|--------------------------|-----------------------|------------------------------|--------------------|



START INFO



ORDINO
Plaça de l'Església
Saturday 15th at 7:30




Shuttle to race start with stops in:
Andorra la Vella at 6:15
La Massana at 6:25

DOWNLOAD THE GPX FILE

TIMETABLE






THURSDAY 13TH

| Time | Location | What |
|-------|-----------------------------------|--|
| 19:00 | Trail 100 Andorra BY UTMB website |  Briefing Trail 50K |

FRIDAY 14TH

| | | |
|----------------------------|-------------------------------|--|
| 10:00-13:00 15:00-20:00 | Andorra Congr s Centre Ordino |  BIB distribution |
|----------------------------|-------------------------------|--|

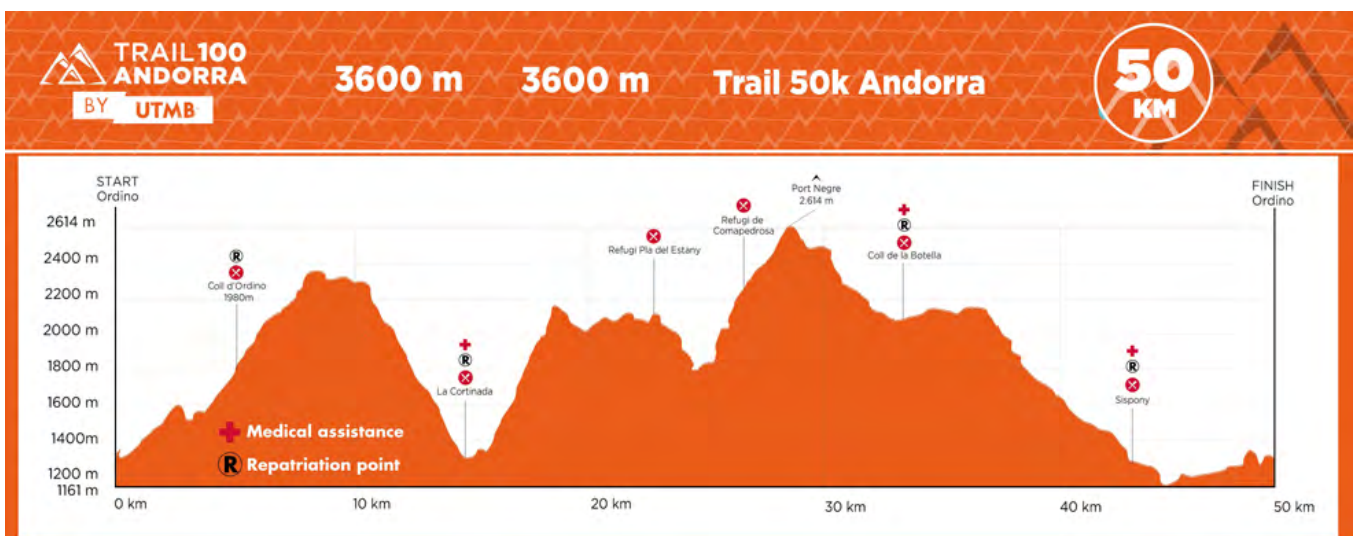
SATURDAY 15TH

| | | |
|-----------|---------------------------------|---|
| 6:15-7:15 | Ordino, Centre C vic i Esportiu |  White bags drop-off |
| 6:15 | Andorra la Vella (Parc Central) |  Bus departure to race start from Andorra la Vella |
| 7:30 | Ordino, Pla a de l'Esgl sia |  RACE START 50K |
| 12:45 | Ordino, Pla a de l'Esgl sia |  Expected 1st runner 50K |
| 21:30 | Ordino, Pla a de l'Esgl sia |  Expected Last Finisher 50K |

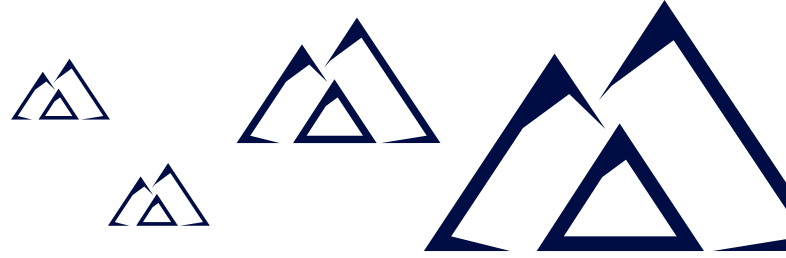
SUNDAY 16TH

| | | |
|-------|-----------------------------|---|
| 11:00 | Ordino, Pla a de l'Esgl sia |  Awards Ceremony 50K |
|-------|-----------------------------|---|

PROFILE



AID STATIONS & TIME CHARTS

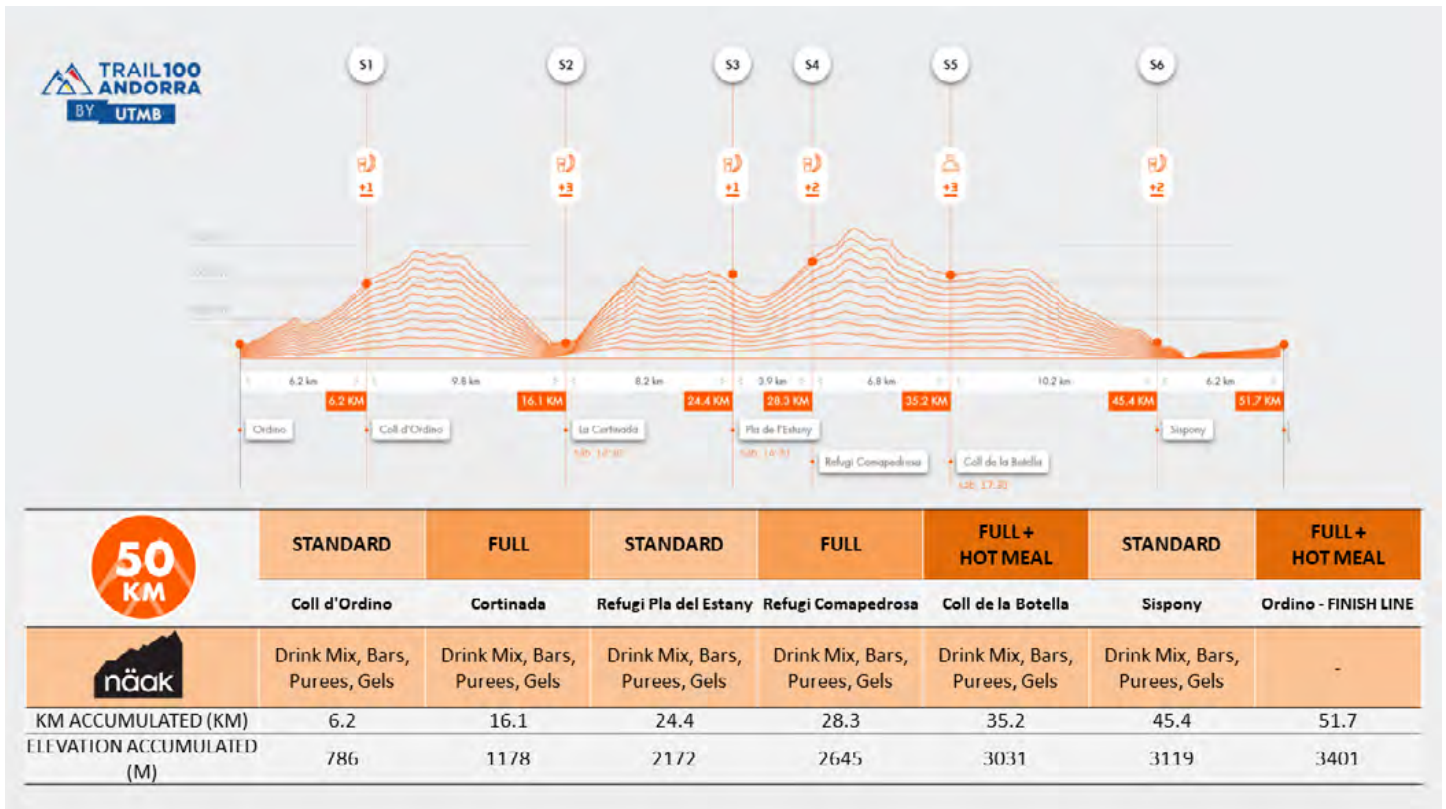


| Point | Dist. inter (KM) | Dist. (KM) | Altitude (M) | Elevation + (M) | Elevation - (M) | Fastest | Cut Off | Services |
|------------------------|------------------|------------|--------------|-----------------|-----------------|-----------|-----------|----------|
| Ordino | 0 | 0 | 1322 | 0 | 0 | Sat 07:30 | | |
| Coll d'Ordino | 6 | 6 | 1980 | 854 | 115 | Sat 08:05 | | |
| La Cortinada | 9 | 15 | 2500 | 1262 | 1231 | Sat 08:55 | Sat 13:00 | |
| Refugi Pla de l'Estany | 7.5 | 22.5 | 2101 | 2282 | 1994 | Sat 09:55 | Sat 15:00 | |
| Refugi Co-mapedrosa | 4.5 | 27 | 2275 | 3033 | 1861 | Sat 10:35 | Sat 16:30 | |
| Coll de la Botella | 6.5 | 33.5 | 2071 | 3209 | 2415 | Sat 11:25 | Sat 18:00 | |
| Sispony | 9.5 | 43 | 1340 | 3393 | 3526 | Sat 12:10 | | |
| Ordino | 7 | 50 | 1322 | 3600 | 3600 | Sat 12:45 | Sat 22:00 | |

- COLD DRINKS & FOOD
- MEDICAL STATION
- HOT MEAL
- REST AREA
- TIME LIMIT
- TOILETS
- SHOWERS



AID STATION PRODUCTS



STANDARD AID STATION (COLD FOOD & COLD DRINKS)

DRINKS: Water, Coca Cola, Fruit Juice

FOOD: Bananas, Oranges, Watermelons, Trail Mix (Nuts & Dry Fruits), Gummies, Chocolate Bar, Cookies, Salty Crackers.

FULL AID STATION (COLD FOOD & SANDWICHES, COLD & HOT DRINKS)

DRINKS : Water, Coca Cola, Fruit Juice, Broth

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato.

FULL + HOT MEAL AID STATION (COLD FOOD & HOT MEAL, COLD & HOT DRINK)

DRINK: Water, Coca Cola, Fruit Juice, Broth, Coffee, Tea

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

HOT MEAL: Pasta or Rice with Sauce (Bolognese, Carbonara, Napolitan).

HOTSPOTS FOR THE SUPPORTERS

The audience can support the runners throughout the track and enjoy the amazing beauty of Andorra. Check here [in the MAP](#) the best viewpoints along the route on Saturday!

- **COLL D'ORDINO**, you can get here by car (7:55-8:30).
- **CASAMANYA CROSSING**, 1h on foot, if the weather is good, you can take incredible photos here (8:15-9:10)
- **LA CORTINADA** village, accessible by car (8:45-12:30)
- **REFUGI PLA DE L'ESTANY**, on foot 40min or with a 4x4 jeep (09:30-14:30)
- **COLL DE LA BOTELLA**, you can arrive perfectly by vehicle (11:00-17:30)
- **SISPONY** area by car and on foot (11:40-19:30)
- **"BORDA ANY DE LA PART"** area, close to Ordino, by car (12:30-21:30).

CAMELBAK®

NEW APEX™ PRO VEST

REDEFINE LIMITS



VISIT [CAMELBAK.EU](https://www.camelbak.eu) FOR MORE INFORMATION

A special moment of this race will be the Casamanya crossing, one of the most emblematic mountains in the country, located in the middle of the Principality and with unparalleled views. Enjoy this shorter but challenging race!

TRAIL 21K

RACE CATEGORY

20K/M



START INFO



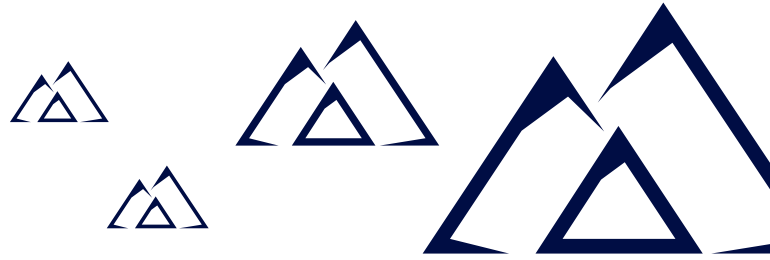
ORDINO
Plaça de l'Esglesia
Sunday 16th at 8:30




Shuttle to race start with stops in:
Andorra la Vella at 7:30
La Massana at 7:40

DOWNLOAD THE GPX FILE

TIMETABLE







FRIDAY 14TH

| Time | Location | What |
|-------|-----------------------------------|--|
| 18:30 | Trail 100 Andorra BY UTMB website |  Briefing Trail 21K |

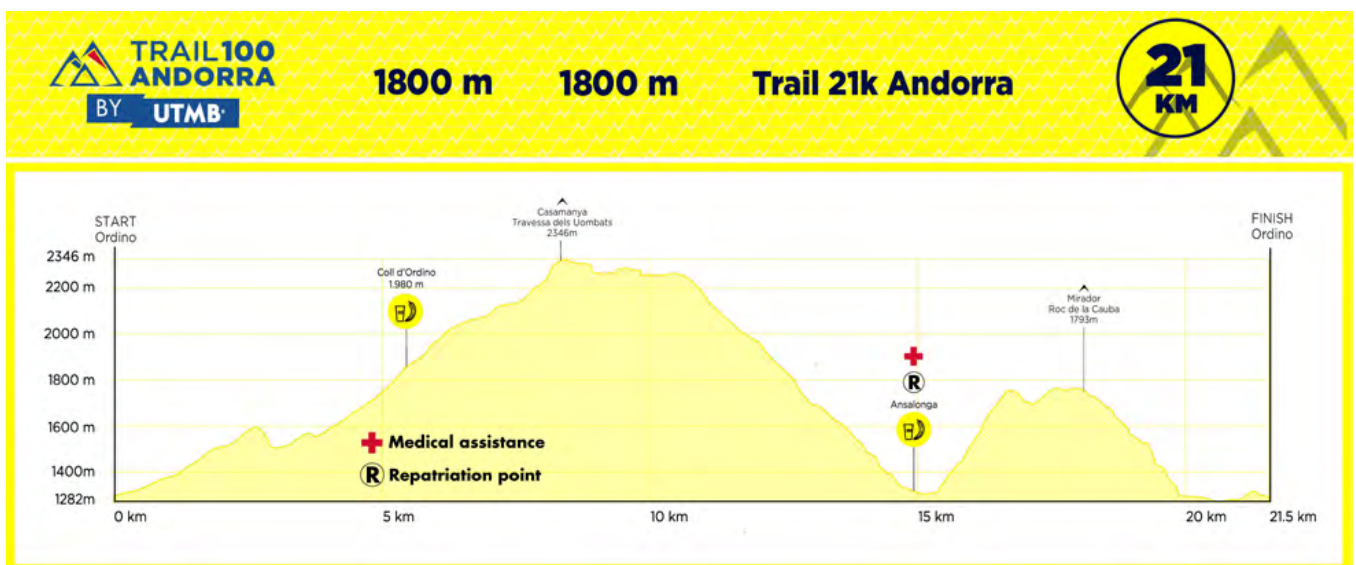
SATURDAY 15TH

| | | |
|----------------------------|-------------------------------|--|
| 10:00-13:00 15:00-20:00 | Andorra Congr s Centre Ordino |  BIB distribution |
|----------------------------|-------------------------------|--|













SUNDAY 16TH

| | | |
|-----------|---------------------------------|---|
| 7:30 | Andorra la Vella (Parc Central) |  Bus departure to race start from Andorra la Vella |
| 7:30-8:15 | Ordino, Centre C vic i Esportiu |  White bags drop off |
| 8:30 | Ordino, Pla a de l'Esgl sia |  RACE START 21K |
| 15:30 | Ordino, Pla a de l'Esgl sia |  Awards Ceremony 21K |

PROFILE



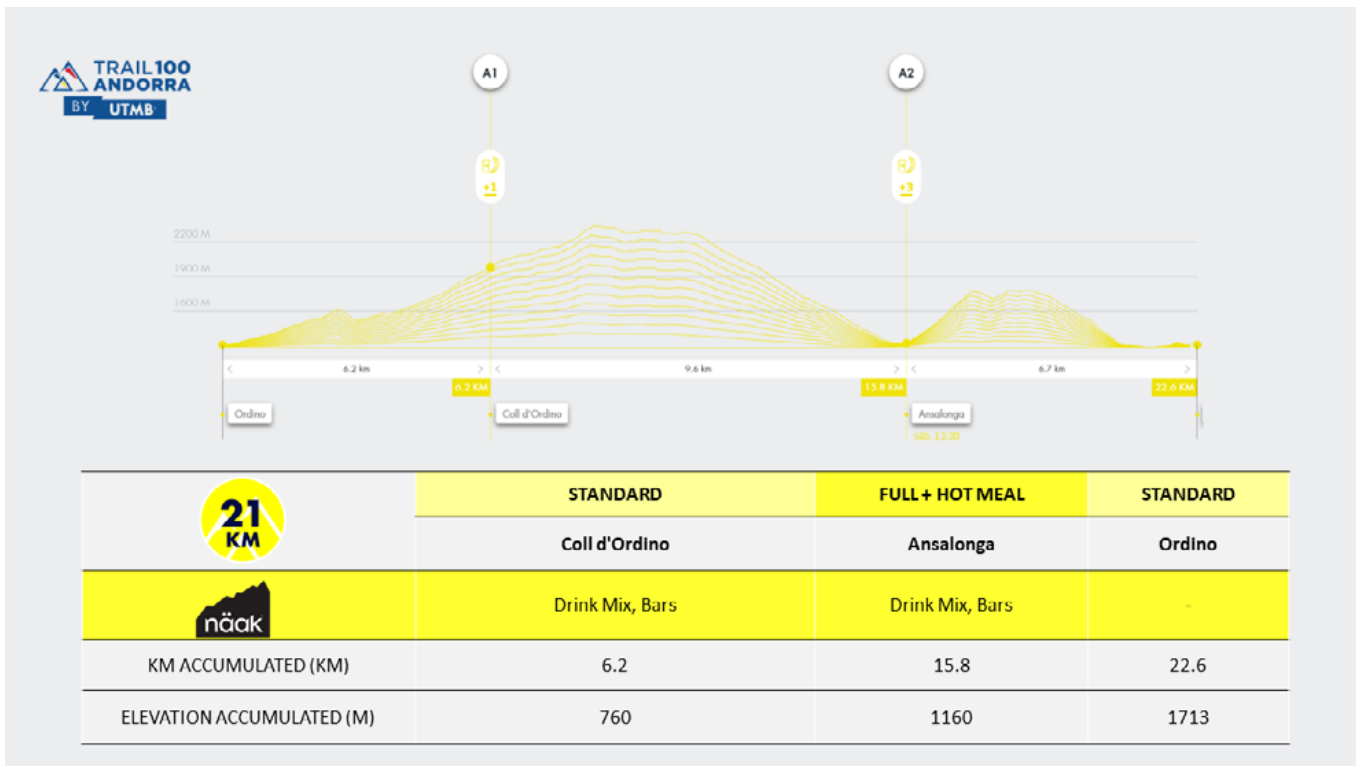
AID STATIONS & TIME CHARTS

| Point | Dist. inter (KM) | Dist (KM) | Altitude (M) | Elevation + (M) | Elevation - (M) | Fastest | Cut Off | Services |
|---------------|------------------|-----------|--------------|-----------------|-----------------|-----------|-----------|---|
| Ordino | 0 | 0 | 1322 | 0 | 0 | Sun 8:30 | |   |
| Coll d'Ordino | 6 | 6 | 1980 | 854 | 115 | Sun 9:05 | |  |
| Ansalonga | 9 | 15 | 1312 | 1229 | 1214 | Sun 9:50 | Sun 13:30 |     |
| Ordino | 6.5 | 21.5 | 1322 | 1750 | 1750 | Sun 10:45 | Sun 15:30 |      |

 COLD DRINKS & FOOD
  MEDICAL STATION
  TIME LIMIT
  TOILETS
  SHOWERS



AID STATION PRODUCTS



STANDARD AID STATION (COLD FOOD & COLD DRINKS)

DRINKS: Water, Coca Cola, Fruit Juice

FOOD: Bananas, Oranges, Watermelons, Trail Mix (Nuts & Dry Fruits), Gummies, Chocolate Bar, Cookies, Salty Crackers.

FULL AID STATION (COLD FOOD & SANDWICHES, COLD & HOT DRINKS)

DRINKS : Water, Coca Cola, Fruit Juice, Broth

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato.

FULL + HOT MEAL AID STATION (COLD FOOD & HOT MEAL, COLD & HOT DRINK)

DRINK: Water, Coca Cola, Fruit Juice, Broth, Coffee, Tea

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

HOT MEAL: Pasta or Rice with Sauce (Bolognese, Carbonara, Napolitan).

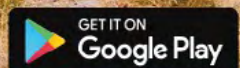
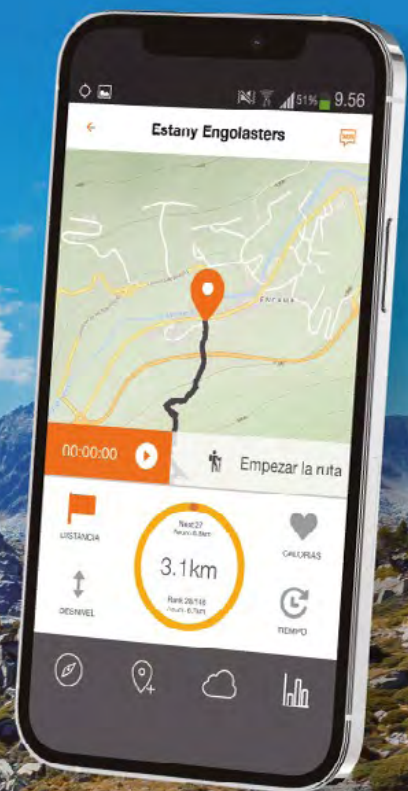
HOTSPOTS FOR THE SUPPORTERS

Family and friends can support the runners throughout the track and enjoy the amazing beauty of Andorra. Check here [IN THE MAP](#) the best viewpoints along the route on Sunday!

- **CREU DE NORAL**, you have to walk 10min or 3min by 4x4 vehicle (from 8:35)
- **COLL D'ORDINO**, you can get here by car (8:50 - 10:30)
- **CASAMANYA** crossing, 1h on foot, if the weather is good, you can take incredible photos here (9:00-12:00)
- **ANSALONGA** aid station, on the road (10:00-13:30)
- **ROC DE LA CAUBA**, great viewpoint, 1h max on foot climbing up (10:00-14:30)
- **SORNÀS**, reachable by car but you can walk up a bit along the path and take beautiful photos (10:50-15:00).

DESCOBREIX L'APP ANDORRA TURISME ACTIU

DESCUBRE LA APP ANDORRA TURISMO ACTIVO
DÉCOUVREZ L'APPLICATION ANDORRA TOURISME ACTIF
DISCOVER THE ANDORRA ACTIVE TOURISM APP



 **Andorra**
visitandorra.com

TRAIL 10K

The Trail 10K offers an attractive route at an accessible difficulty for runners of all levels. Its most prominent point is Creu del Noral, a panoramic balcony over the valley of the north of the Principality.

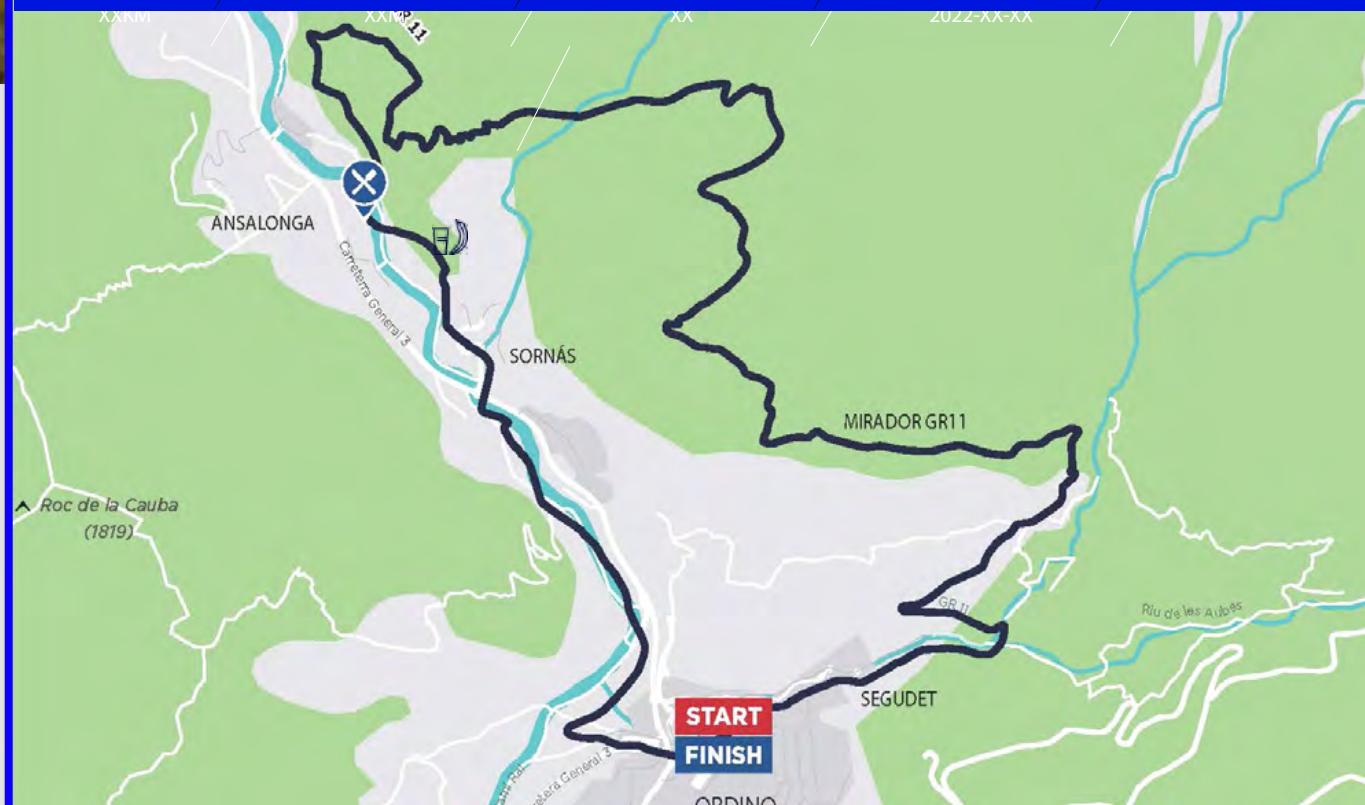
Distance
10KM

Elevation gain
500M+

Starting Place
ORDINO

Start date
16th JUNE 2024

Time of departure
9:00 am



START INFO



START ORDINO
Plaça de l'Esglesia
Sunday 16th at 9:00



Shuttle to race start with stops in:
Andorra la Vella at 8:00
La Massana at 8:10

DOWNLOAD THE GPX FILE

TIMETABLE





FRIDAY 14TH

| Time | Location | What |
|-------|-----------------------------------|--|
| 19:00 | Trail 100 Andorra BY UTMB website |  Briefing Trail 10K |

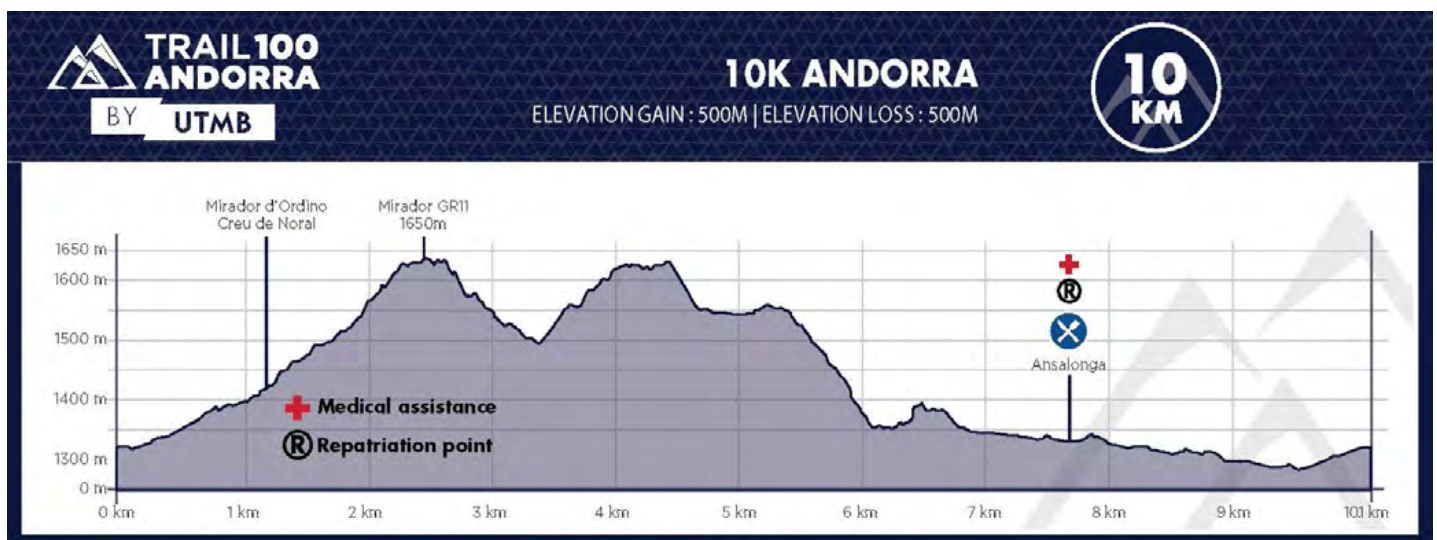
SATURDAY 15TH

| | | |
|----------------------------|-------------------------------|--|
| 10:00-13:00 15:00-20:00 | Andorra Congrès Centre Ordino |  BIB distribution |
|----------------------------|-------------------------------|--|

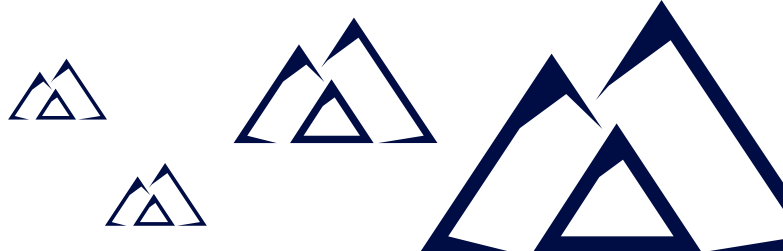
SUNDAY 16TH












| | | |
|-----------|---------------------------------|--|
| 8:00 | Andorra la Vella (Parc Central) |  Bus departure to start from Andorra la Vella |
| 7:30-8:45 | Ordino, Centre Cívic i Esportiu |  White bags drop off |
| 9:00 | Ordino, Plaça de l'Església |  RACE START 10K |
| 14:00 | Ordino, Plaça de l'Església |  Awards Ceremony 10K |

PROFILE



AID STATIONS & TIME CHARTS



| Point | Dist. inter (KM) | Dist (KM) | Altitude (M) | Elevation + (M) | Elevation - (M) | Fastest | Cut Off | Services |
|-----------|------------------|-----------|--------------|-----------------|-----------------|-----------|-----------|---|
| Ordino | 0 | 0 | 1322 | 0 | 0 | | |   |
| Ansalonga | 7 | 7 | 1312 | 462 | 450 | Sun 09:45 | Sun 12:00 |     |
| Ordino | 3 | 10 | 1322 | 500 | 500 | Sun 10:00 | Sun 13:00 |      |



COLD DRINKS & FOOD



MEDICAL STATION



TIME LIMIT



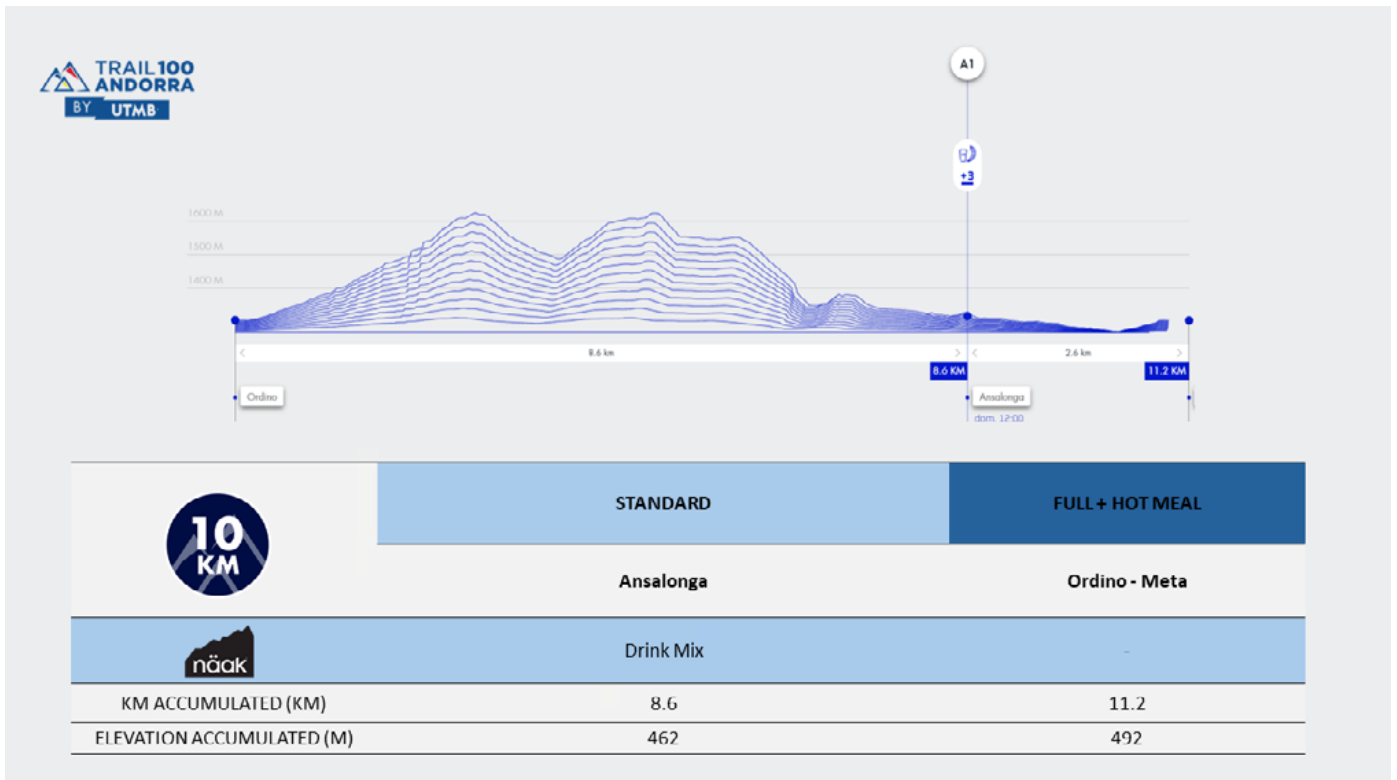
TOILETS



SHOWERS



AID STATION PRODUCTS



STANDARD AID STATION (COLD FOOD & COLD DRINKS)

DRINKS: Water, Coca Cola, Fruit Juice

FOOD: Bananas, Oranges, Watermelons, Trail Mix (Nuts & Dry Fruits), Gummies, Chocolate Bar, Cookies, Salty Crackers.

FULL + HOT MEAL AID STATION (COLD FOOD & HOT MEAL, COLD & HOT DRINK)

DRINK: Water, Coca Cola, Fruit Juice, Broth, Coffee, Tea

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

HOT MEAL: Pasta or Rice with Sauce (Bolognese, Carbonara, Napolitan).

HOTSPOTS FOR THE SUPPORTERS

Family and friends can support the runners throughout the course and enjoy the amazing beauty of Andorra. Check here [IN THE MAP](#) the best viewpoints along the route on Sunday!

- **CREU DE NORAL:** you have to walk 10 minutes from Ordino or 3min by 4x4;
- **MIRADOR GR11:** you get to this nice lookout over Ordino and La Massana by walking along the GR11 (20`walk from Ordino)
- **LA CORTINADA:** you can park at the Golf course car park and see the runners. From here you can also reach Ansalonga aid station by a 5' walk.
- **ANSALONGA** aid station: you can access by car and also by a 30' nice easy walk along the river from Ordino (Camí Ral).





RELAX, DISCONNECT, AND RESOURCE YOURSELF.

4-star hotel and aparthotel with indoor and outdoor swimming pool, relaxation area, exclusive spa, massages, gym, sports activities, restaurant, buffet and parking.

TRAILKIDS RACE

The TrailKids is the opportunity of getting the youngest in the family started on the sport!

YOUR FIRST TRAILRUNNING STEP

Dive into trail running by racing the TrailKids Race which takes place on Friday after the Elite runners Panel Presentation. Participants will have the honour to run a urban circuit in the centre of Ordino in front of professional trail-runners and spectators.

In order to participate in the TrailKids Race, the children must register. Registrations are free of charge and have to be completed online following the registration page in ACTIVE (click [HERE](#)).

We can't wait to welcome lots of little smiling faces to the start line!



FRIDAY 14TH

| Time | Location | | What |
|----------------------------|--|--|-----------------------------|
| 10:00-13:00 15:00-17:00 | Andorra Congr s Centre Ordino (Info Point) | | BIB distribution |
| 18:00 | Ordino, Plaça de l'Església | | RACE START TRAILKIDS |

CATEGORIES

| YEAR OF BIRTH | CATEGORY | DISTANCE | ELEVATION | START |
|--------------------------------------|--------------------------|----------|-----------|-----------|
| 2011/2012 | Under 13 | 1500m | 45m | 18:00 |
| 2013/2014 | Under 11 | 1000m | 30m | Following |
| 2015/2016/2017 | Under 9 | 550m | 9m | Following |
| 2018/2019/2020 running with an adult | Under 6 with a companion | 300m | 0m | Following |
| 2018/2019/2020 running alone | Under 6 alone | 300m | 0m | Following |

RANKING AND AWARDS



For each race, there is as an overall ranking - men and women - and an age category ranking - men and women. The first 5 men and the first 5 women in the general ranking of the 105K, 80K, 50K, 21K will be able to take part in the Awards Ceremony.

The first 3 men and the 3 women in the general ranking of the 10K will be able to take part in the Awards Ceremony. The first male and female runner in each category will be able to take part in the Award Ceremony and receive a trophy.

AGE CATEGORIES 105K:

| | |
|-------|-------|
| 20-34 | 65-69 |
| 35-39 | 70-74 |
| 40-44 | 75-79 |
| 45-49 | 80-84 |
| 50-54 | 85+ |
| 60-64 | |






AGE CATEGORIES 80K,50K,21K:

| | |
|-------|-------|
| 18-19 | 60-64 |
| 20-34 | 65-69 |
| 35-39 | 70-74 |
| 40-44 | 75-79 |
| 45-49 | 80-84 |
| 50-54 | 85+ |

AGE CATEGORIES 10K:

| |
|-------|
| U16 |
| U18 |
| U20 |
| 20-49 |
| +50 |

To receive their prize money, runners must be present in-person at the Award Ceremony. If the runner does not show up at this ceremony, he/she will no longer be eligible for the prize money. Furthermore, the prize money will be paid by bank transfer. Runners eligible are obliged to provide the organization with a bank account on their name to receive the prize money.

| Time | Location | What |
|-----------------|-----------------------------|--|
| Sun 16 at 10:15 | Ordino, Plaça de l'Església | Awards Ceremony 50K  |
| Sun 16 at 11:00 | Ordino, Plaça de l'Església | Awards Ceremony 80K  |
| Sun 16 at 14:00 | Ordino, Plaça de l'Església | Awards Ceremony 10K  |
| Sun 16 at 15:00 | Ordino, Plaça de l'Església | Awards Ceremony 105K  |
| Sun 16 at 15:30 | Ordino, Plaça de l'Església | Awards Ceremony 21K  |

PRIZE MONEY

ULTRA 105K



1st Man/1st Woman: 1.500€
 2nd Man/2nd Woman: 1200€
 3rd Man/3rd Woman: 800€
 4th Man/4th Woman: 600€
 5th Man/5th Woman: 500€

TRAIL 80K



1st Man/1st Woman: 1200€
 2nd Man/2nd Woman: 960€
 3rd Man/3rd Woman: 640€
 4th Man/4th Woman: 480€
 5th Man/5th Woman: 400€

TRAIL 50K



1st Man/1st Woman: 750€
 2nd Man/2nd Woman: 600€
 3rd Man/3rd Woman: 400€
 4th Man/4th Woman: 300€
 5th Man/5th Woman: 250€



ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



F O T O
S P O R T O G R A F . C O M
F L A T



SUPPORTERS



HOTSPOTS FOR SUPPORTERS

The audience can support the runners throughout the track and enjoy the amazing beauty of Andorra. Check here in the [MAP](#) the best viewpoints along the route and how to get there!



SUPPORTERS' CORNER

Supporters will be able to join the runners in the post-race celebration. You will find a beer truck and a friendly chill out zone with music and a festive atmosphere at the Village next to the Final Aid Station.



SOCIAL NETWORKS

Our social networks will continually inform you of the latest news of the event allowing you to interact with the UTMB® community.

FOLLOW US:



THE EXPO

On Friday and Saturday you can visit the Expo at Prat de Call, where you can share your passion for trail running and get to know the world of running in general. A nice playground will welcome all the kids that want to play around. Don't forget that you'll get your Race Gift at the expo. Come and visit!

SCHEDULE:



| Day & Time | Location |
|---------------------|----------------------|
| Friday 14 10h-20h | Prat de Call, Ordino |
| Saturday 15 10h-20h | Prat de Call, Ordino |



R2^{3.0} CALF SLEEVES



Compression Grid Pattern
Targeted high level muscle support.
Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes
Promote microcirculation and lymphatic flow.
Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes
Promotes support and microcirculation to the achilles tendon.
Added support & less inflammation



Fibular Stripes
3D textured yarn activates the fibular muscles, improving balance & stability.
Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.





VISIT ANDORRA & ORDINO

ORDINO, BIOSPHERE RESERVE

Ordino became a UNESCO Biosphere Reserve in October 2020, for it is one of the best preserved and unspoiled natural areas of Andorra. The Ordino valley demonstrates how modern society can integrate with nature, being divided into eight communities where the traditions and customs of rural life coexist with state-of-the-art facilities, a sustainable public transport service and high-quality tourism offering hotels and restaurants for the whole family. Its natural landscapes are accessible throughout the year, so these mountains are the ideal place for lovers of outdoor sports to train. More info: www.ordino.ad

SOLAR DE TRISTAINA VIEWPOINT

The viewpoint has been designed as a sundial and is located at the peak of Peyreguils, at an altitude of 2701 metres and a few metres from the geographical border between Andorra and France.

Get a 25% discount on your visit to the Viwepoint!

The discount applies to the GOLD PASS which includes Gondola Tristaina and Chairlift Creussans : ascent + descent.

You can book your visit on ww1.ordinoarcalis.com.

DISCOUNT CODE: TRAIL100250A

CASA D'ARENY-PLANDOLIT

The Casa d'Areny-Plandolit is in the centre of the village of Ordino and is the only example of a stately home in Andorra that has reached our days intact. It dates from the 17th century, but most of the structures of the building are from the middle of the 19th century, a time of economic boom for the family. The dining rooms, the noble hall, the music room, the defence elements, the cellars, the library or the chapel reflect the differences with the rest of Andorran society.

Come and enjoy "EL SOMNI DE DON GUILLEM" experience: the latest addition to the tour of the museum will allow you to discover Don Guillem's exciting life with a mise en scène that combines holograms and physical objects which take you on a journey through time.

THE ROSSELL FORGE

Did you know that the valley of Andorra was an iron-producing area between the 17th and 19th centuries?

The Rossell Forge is one of the best-preserved examples of this iron industry past in the Pyrenees. The completely restored forge converted into an Iron Interpretation Centre will use an audio-visual to show you how the process of transforming mineral iron into ingots occurs and the importance of metallurgy in Andorra. Come and find out how iron was made!

More info at: www.museus.ad





CONTACT

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