



RUNNER'S GUIDE - 23 MARCH 2024

INSTITUTIONAL SPONSORS



Ajuntament de
Sant Fruitós de Bages

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TECHNOLOGY PARTNER



OFFICIAL MAPPING



SUPPLIER



ORGANIZING



@ultratrailbcn

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+ info & registrations

www.ultratrailbcn.com

RUN

CALENDAR 2024



23 MAR

ULTRA TRAIL BARCELONA
St. Fruitós de Bages | Barcelona

61km
40km
26km
11km
Caminata

TRAIL



14 APR

SALOMON RUN BARCELONA
Barcelona

Vertical
10km
5km

URBAN



1 JUN

XTERRA PIRINEU
La Guingueta d'Àneu | Lleida

FULL
1,5k
30k
10k

TRI



28-30 JUN

GARMIN EPIC TRAIL
Vall de Boí | Lleida

62km
42km
24km
12km

TRAIL



19-21 JUL

COMAPEDROSA SKYRACE
Arinsal-La Massana | Andorra

36km
24km
19km
8km

TRAIL



10 NOV

CURSA DE L'ALBA
Collbató | Barcelona

22km
12km

TRAIL

JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MORE INFORMATION



**STAY
OUT
THERE**



**THIS IS TRAIL RUNNING
IN TIMP 5**

OFFICIAL SPONSOR



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CONTACT US

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wikiloc

Accede a las rutas oficiales
de OCISPORT RUN en Wikiloc



Sant Fruitós de Bages is a municipality to discover and explore at a slow pace.

If you want to discover it, ask for all the necessary information at the stand that we will have at Plaça Alfred Figueras.

Around the celebration of the UTBCN, we have prepared a **series of activities for the companions of the runners** that will allow them to discover some of the most **emblematic corners of the municipality**.

■ **GUIDED TOUR “BARRI DE LA SAGRERA & AL MUSEU DE LA MEMÒRIA DE LA VINYA I EL VI”**

Tours at 11:00a.m. and 1:00p.m.

Duration: 1:30 hours

Registrations at the City Hall stand.

■ **CHILDREN'S WORKSHOPS AND CRAFTS**

From 9:00 a.m. to 1:00 p.m.

Pl. Alfred Figueras

THESE ACTIVITIES ARE OFFERED FOR FREE





01

ULTRA TRAIL BARCELONA 2024

THE BAGES MOUNTAIN RANGE, PARADISE OF PROXIMITY

Strategically located in the center of Barcelona province, Sant Fruitós de Bages enjoys a privileged natural environment. The Bages mountain range, located at north of Sant Llorenç de Munt Natural Park and southeast of the Bages region, offers a land marked by the Caselles, Alous and Vintró sierra, and streams such as Calders, Navarcles and Talamanca. With constant slopes that range between 200 and 600 meters, we will find paths and trails that will also reveal an important cultural heritage full of churches and hermitages.

Ultra Trail Barcelona continues to be an excellent proximity proposal to start the season, at the end of winter and with a wide proposal, with 5 distances and where all mountain athletes will find their particular motivation.

Web: www.ultratrailbcn.com

Instagram: [@ultratrailbcn](https://www.instagram.com/ultratrailbcn)

Youtube: [OcisportTV](https://www.youtube.com/OcisportTV)

02 PROGRAM

FRIDAY 22 MARCH

16:00h a 19:00h UTBCN BIB pick up Plaça Alfred Figueras
61km must leave the bag of life when removing the bib number

SATURDAY 23 MARCH

6:00h a 6:45h ULTRA 61KM BIB pick up Plaça Alfred Figueras
61km must leave the bag of life when removing the bib number

6:30h a 7:45h MARATHON 40KM BIB pick up Plaça Alfred Figueras

7:00h START ULTRA 61KM Plaça Alfred Figueras

7:30h a 8:45h HALF 26KM BIB pick up Plaça Alfred Figueras

8:00h START MARATHON 40KM Plaça Alfred Figueras

8:00h a 9:15h SPEED 11KM BIB pick up Plaça Alfred Figueras

9:00h START MITJA 26KM Plaça Alfred Figueras

9:30h START SPEED 11KM Plaça Alfred Figueras

The Cloakroom will be open on Saturday 23rd from 6:00 a.m. to 6:30 p.m. (participants only)

02 PROGRAM

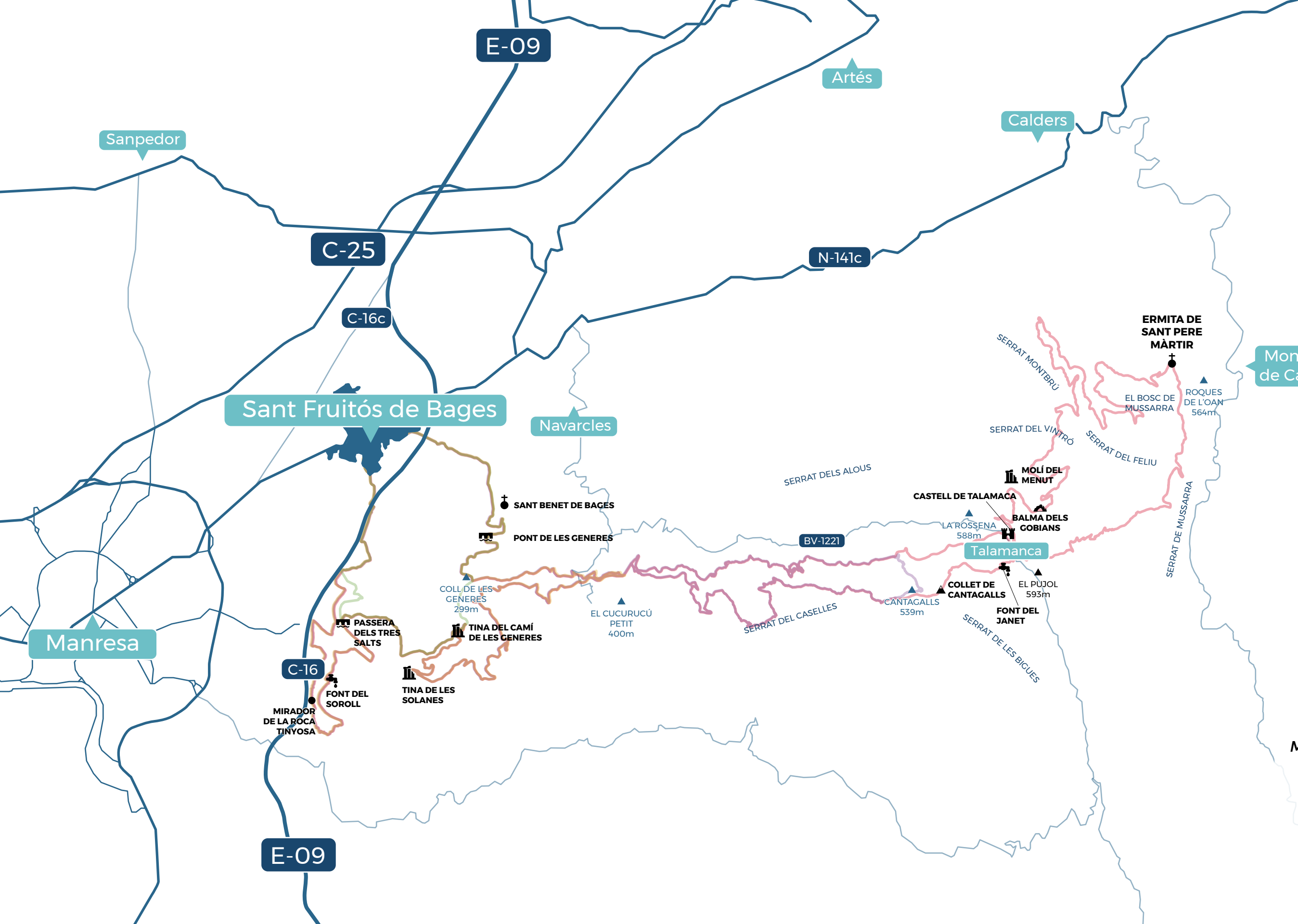


SATURDAY 23 MARCH

10:00h	START POPULAR WALK	Plaça Alfred Figueras
10:45h	Awards ceremony SPEED 11KM	Plaça Alfred Figueras
11:45h	Awards ceremony HALF 26KM	Plaça Alfred Figueras
12:30h	FINISH SPEED 11KM	Plaça Alfred Figueras
12:30h	Awards ceremony MARATHON 40KM	Plaça Alfred Figueras
14:30h	FINISH HALF 26KM	Plaça Alfred Figueras
15:30h	Awards ceremony ULTRA 61KM	Plaça Alfred Figueras
16:30h	FINISH MARATHON 40KM	Plaça Alfred Figueras
19:30h	FINISH ULTRA 61KM	Plaça Alfred Figueras

SANT FRUITÓS DE BAGES

Barcelona



Sant Fruitós de Bages

Manresa

Monistrol de Calders

HOW TO GET THERE

Being an area of the **center of Catalonia** we recommend **accessing by car.**

BY PLANE

*Airport Barcelona-El Prat** (68km)
Airport de Girona-Costa Brava (102km)

BY TRAIN & BUS

TRAIN 

TRAIN Barcelona - Manresa (2h 15min aprox)
TRAIN Girona - Manresa (3h 20min aprox)

BUS

Barcelona - Manresa (35min aprox)
Manresa - St. Fruitós de Bages (1h 30min aprox)

BY CAR

Barcelona - St. Fruitós de Bages (57min)
Girona - St. Fruitós de Bages (1h 17min)
Lleida - St. Fruitós de Bages (1h 29min)
Manresa - St. Fruitós de Bages (12min)

*Airport recommended for international flights

SANT FRUITÓS DE BAGES

Barcelona

Saturday 23 MARCH

BIB PICK UP

ULTRA
6:00a.m. a 6:45a.m.

MARATHON
6:30a.m. to 7:30a.m.

HALF MARATHON
7:30a.m. to 8:30a.m.

SPEED TRAIL
8:00a.m. to 9:00a.m.

POPULAR WALK
9:00a.m. to 10:00a.m.

Participant's areas of interest

 **FREE Parking & camper zone**

 **Start zone & Finish zone**

 **BIB pick up**

 **Final provisioning**

 **Toilets**
some will be available in the parkings

 **Showers**





www.nutrisport.es



61KM

1976 M+

1976 M-

max. height **671m**

BIB'S PICK UP

Plaça Alfred Figueras

6:00am a 6:45am



LIFE BAG

Hand in while picking up your bib



START

Plaza Alfred Figueras

7:00am



FINISH

Plaza Alfred Figueras



MAX. RACE TIME

12h 30min since the start



FIRST FINISHER PREVIEW

12:20h



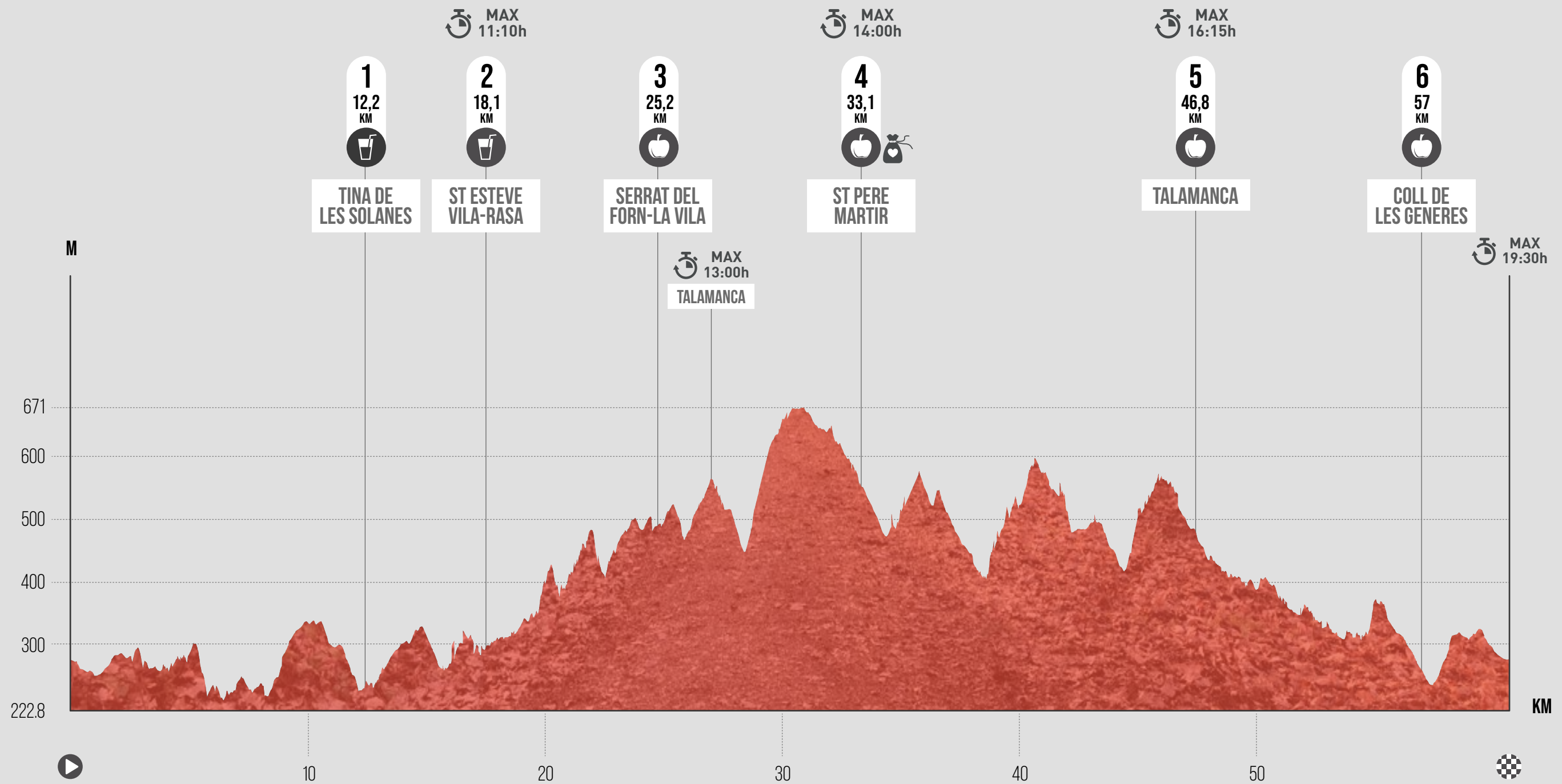


61KM

WHAT'S INCLUDED?

- COMMEMORATIVE GIFT OF THE RACE
- BIB NUMBER
- SOLID AND LIQUID REFRESHMENTS ALONG THE ROUTE
- FINAL REFRESHMENT AT THE FINISH LINE
- SIGNPOSTED ROUTE
- TIMING SERVICE
- MEDICAL SERVICES
- SHOWER AND CHANGING ROOM SERVICE.
- FINISHER GIFT TO ALL PARTICIPANTS WHO COMPLETE THE RACE.





[DOWNLOAD THE TRACK GPX](#)
UTBCN 61k ULTRA 2024



🕒 MAX 14:00h

ST PERE MARTIR

4 | 33,1 KM 🍏 🎒

🕒 MAX 16:15h

TALAMANCA

5 | 46,8 KM 🍏

27KM

TALAMANCA

🕒 MAX 13:00h

🕒 MAX 19:30h

Sant Fruitós de Bages

START/FINISH

COLL DE LES GENERES

6 | 57 KM 🍏

LES BRUCADES

COLL DE LES GENERES
299m

2 | 18,1 KM 🥤

ST ESTEVE VILA-RASA

🕒 MAX 11:10h

3 | 25,2 KM 🍏

SERRAT DEL FORN-LA VILA

CANTAGALLS
539m

SERRAT DE LES BIGUES

1 | 12,2 KM 🥤

TINA DE LES SOLANES

NAVARCLES

SERRAT MONTRÚ

SERRAT DEL VINTRO

SERRAT DEL FELIU

EL BOSCH DE MUSSARRA

MONISTROL DE CALDERS

SERRAT DE MUSSARRA

SERRAT DEL CASELLES

MANRESA

MATERIAL A | COMPULSORY

- Trail running shoes that fully cover the foot.
- Thermal or survival blanket (minimum size of 2 x 1.2 m).
- Hydration system (at least 1 liter).
- Backpack or equivalent piece.
- Cell phone turned on and not in airplane mode.
- Hooded jacket made of waterproof (at least 10,000 mm water column) and breathable fabric, such as Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with thermo-sealed seams and in the runner's size. Caloric food reserve appropriate to the course and the number and type of refreshment posts of the race.
- Second long-sleeved thermal layer of at least 180 g, in the runner's size.
- Tights or leggings combined with a shirt.
- Cap, tubular or similar piece.

MATERIAL B | ACCORDING TO WEATHER FORECAST



- Waterproof pants.
- Thermal T-shirt.
- Gloves.

LIFE BAG

When you pick up your bib, leave your life bag at the race office.

- Friday 22 from 16:00h to 19:00h
- Saturday 23 from 6:00h to 6:45h

*Deadline to deliver the life bag is 6:45 a.m. and it will be available to the Village from 2:30p.m.



The life bag has to be the one delivered by the organization with your bib number written on it.







Once delivered, you will be able to access it at KM 33.1, St. Pere de Màrtir (AV4). It will then return to the village, at the same point where it was delivered.

RECOMMENDED MATERIAL

- Sticks
- GPS device
- Suncream
- Sunglasses
- Anti-chafing cream



PROVISIONING UTBCN 61KM

	 WATER	 DRINKS	 SUPLEMENTS	 FRUIT	 PASTRIES	 CARBS
TINA DE LES SOLANES 12,2KM	✓		✓	✓		
SANT ESTEVE VILA-RASA 18,1KM	✓	✓	✓			
SERRAT DEL FORN-LA VILA 25,2KM	✓	✓	✓	✓	✓	✓
SANT PERE MÀRTIR 33,1KM	✓	✓	✓	✓		
TALAMANCA 46,8KM	✓	✓	✓	✓	✓	
COLL DE LES GENERES 57KM	✓		✓	✓		
FINISH	✓	✓		✓	✓	✓

 Water	 Drinks	 Gels Bars Isotonics	 Bannana Melon Apple Nuts	 Pastries Waffles Sweets Salted crackers	 Salad Rice Pasta
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The content of the refreshment stations may vary. Not all aid stations may be created equal.

! If you are intolerant or allergic to any food, please contact the organization or the staff in advance of the refreshment stations to be able to correctly inform the consumer about the presence of allergenic ingredients and gluten on their plates and, in this way, avoid cross-contamination between them and public health problems.

Finish line refreshments: includes paella.

TEAMS ULTRA

The team modality of the ULTRA distance is a participation where 3 members of the same team face the distance of 61K in a shared way.

HOW TEAM ENGAGEMENT WORKS

We divided the race into 3 stages, each of which will have to be completed by a member of the team:

- **Participant A:** starts from Plaza Alfred Figueras with the rest of the ULTRA participants and runs a distance of 18.1K to the AV2 of ST ESTEVE.
- **Participant B:** leaves the AV2 of ST ESTEVE and runs to the 2nd pass through Talamanca, km 46, completing the section with the greatest difference in altitude of the route.
- **Participant C:** takes over to the 2nd pass through the town of Talamanca, km 46, and faces the last 15.5 km section to end up entering the FINISH line in the shortest possible time.

STRATEGY AND COLLECTION OF BIBS

- The teams have to decide who will be the participant who completes each section and will communicate this to the organization at the time of collecting the bib at the Race Office.
- Team bibs share the same number and this is differentiated by the letters A, B or C.

RACE DYNAMICS

Participant A leaves the Village of St Fruitós with the rest of the participants.

Participant B has to go to the *ST ESTEVE refreshment station where he arrives in his own vehicle. To get there, you need to travel to the following coordinates: 41°43'58.7"N 1°54'32.0"E

- In order to start your participation, you will have to wait for the arrival of your partner with the bib with the letter A, who will pass you the "baton". Once the partner arrives at *ST ESTEVE, Participant B will be able to start his or her race section. Previously, the organization's staff will have been identified and validated as a member of the team.

Participant C will wait for **Participant B** in Talamanca, (at the AV5 race), which can be reached in their own vehicle (41°44'09.2"N 1°58'40.5"E). There, once your teammate (Dorsal B) has arrived, you will give him the last "baton" to start the stretch of the race that will lead you to the FINISH LINE.

- Previously, the *Race Staff will have been identified to validate their membership of the team.

When they reach the FINISH LINE, the time accumulated by the 3 runners will be counted, who can enter together if they wish, counting their time in the classification of the ULTRA teams.





40KM

1072 M+

1072 M-

max. height **508m**

BIB'S PICK UP

Plaça Alfred Figueras

6:30am a 7:45am



START

Plaça Alfred Figueras

8:00am



FINISH

Plaça Alfred Figueras



MAX. RACE TIME

11h 30min since the start



FIRST FINISHER PREVIEW

11:23h

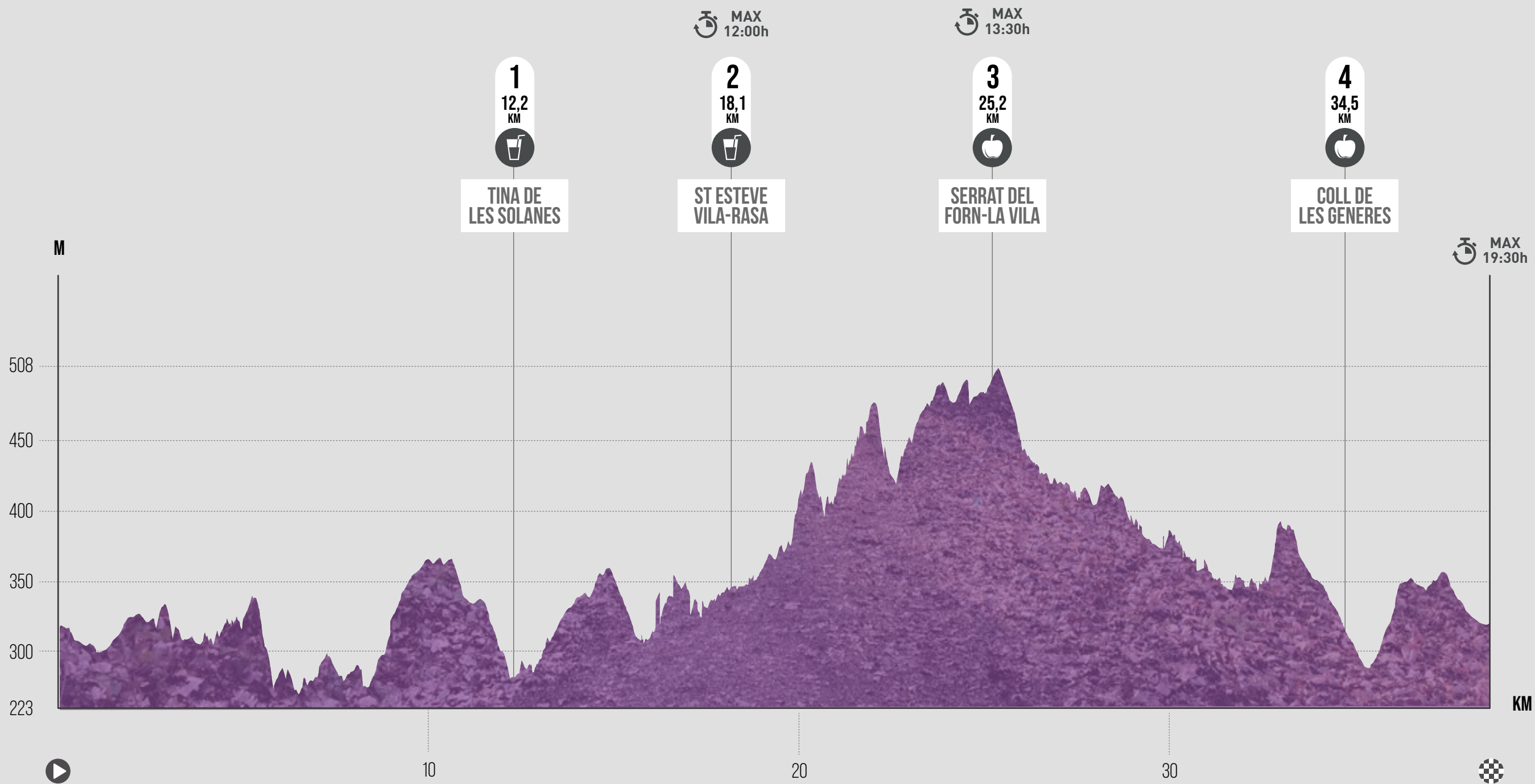




40KM

WHAT'S INCLUDED?

- COMMEMORATIVE GIFT OF THE RACE
- BIB NUMBER
- SOLID AND LIQUID REFRESHMENTS ALONG THE ROUTE
- FINAL REFRESHMENT AT THE FINISH LINE
- SIGNPOSTED ROUTE
- TIMING SERVICE
- MEDICAL SERVICES
- SHOWER AND CHANGING ROOM SERVICE.
- FINISHER GIFT TO ALL PARTICIPANTS WHO COMPLETE THE RACE.



[DOWNLOAD THE TRACK GPX](#)
UTBCN 40k MARATHON 2024



wikiloc.com

🕒 MAX 19:30h

Sant Fruitós de Bages

START/FINISH



NAVARCLES

COLL DE LES GENERES

4 | 34,5 KM 🍏

LES BRUCADES

COLL DE LES GENERES
299m

2 | 18,1 KM 🥤

ST ESTEVE VILA-RASA

SERRAT DEL CASELLES

CANTAGALLS
539m

3 | 25,2 KM 🍏

SERRAT DEL FORN-LA VILA

🕒 MAX 13:30h

1 | 12,2 KM 🥤

TINA DE LES SOLANES

🕒 MAX 12:00h

MONISTROL DE CALDERS

MANRESA

MATERIAL A | COMPULSORY

- Trail running shoes that fully cover the foot.
 - Thermal or survival blanket (minimum size of 2 x 1.2 m).
 - Hydration system (at least 1 liter).
 - Backpack or equivalent piece.
 - Cell phone turned on and not in airplane mode.
 - Hooded jacket made of waterproof (at least 10,000 mm water column) and breathable fabric, such as Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with thermo-sealed seams and in the runner's size.
- Caloric food reserve appropriate to the course and the number and type of refreshment posts of the race.
- Second long-sleeved thermal layer of at least 180 g, in the runner's size.
 - Tights or leggings combined with a shirt.
 - Cap, tubular or similar piece.

MATERIAL B | ACCORDING TO WEATHER FORECAST









- Waterproof pants.
- Thermal T-shirt.
- Gloves.

RECOMMENDED MATERIAL

- Sticks
- GPS device
- Suncream
- Sunglasses
- Anti-chafing cream



PROVISIONING UTBCN 40KM

	 WATER	 DRINKS	 SUPLEMENTS	 FRUIT	 PASTRIES	 CARBS
TINA DE LES SOLANES 12,2KM	✓		✓			
SANT ESTEVE VILA-RASA 18,1KM	✓	✓	✓			
SERRAT DEL FORN-LA VILA 25,2KM	✓	✓	✓	✓	✓	✓
COLL DE LES GENERES 34,5KM	✓		✓	✓		
FINISH	✓	✓		✓	✓	✓

 Water
  Drinks
  Gels | Bars | Isotonics
  Bannana | Melon
Apple | Nuts
  Pastries | Waffles
Sweets | Salted crackers
  Salad
Rice | Pasta

The content of the refreshment stations may vary. Not all aid stations may be created equal.

! If you are intolerant or allergic to any food, please contact the organization or the staff in advance of the refreshment stations to be able to correctly inform the consumer about the presence of allergenic ingredients and gluten on their plates and, in this way, avoid cross-contamination between them and public health problems.

Finish line refreshments: includes paella.



26KM

640 M+

640 M-

max. height **359m**

BIB'S PICK UP
Plaça Alfred Figueras
7:30am a 8:45am



START
Plaça Alfred Figueras
9:00am



FINISH
Plaça Alfred Figueras



MAX. RACE TIME
6h since the start



FIRST FINISHER PREVIEW
11:12h





26KM

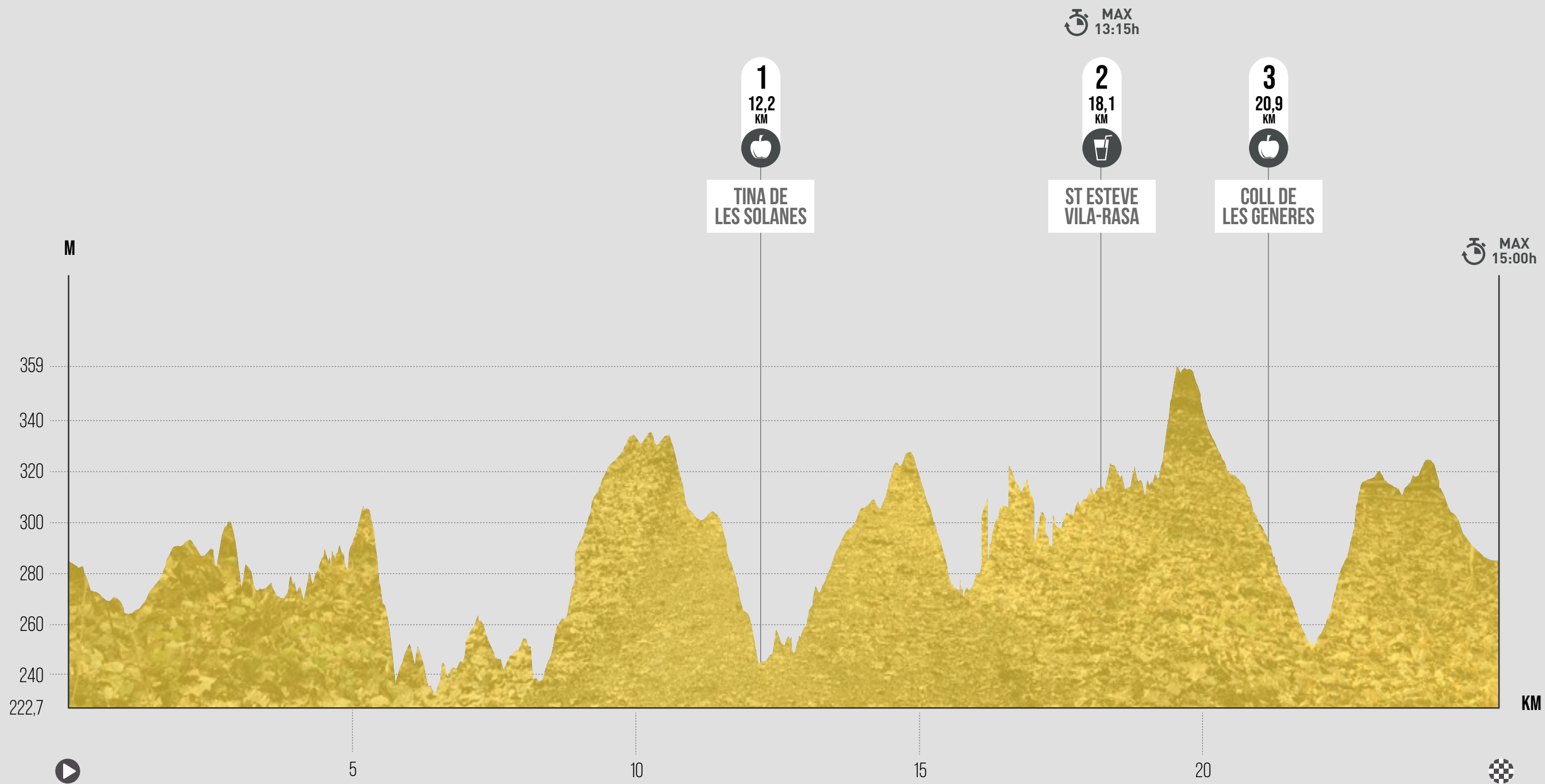
WHAT'S INCLUDED?

- COMMEMORATIVE GIFT OF THE RACE
- BIB NUMBER
- SOLID AND LIQUID REFRESHMENTS ALONG THE ROUTE
- FINAL REFRESHMENT AT THE FINISH LINE
- SIGNPOSTED ROUTE
- TIMING SERVICE
- MEDICAL SERVICES
- SHOWER AND CHANGING ROOM SERVICE.
- FINISHER GIFT TO ALL PARTICIPANTS WHO COMPLETE THE RACE.

ALTRA HMBCN Ajuntament de Sant Fruitós de Bages

418

GARMIN DCSPORT NutriSport



DOWNLOAD THE TRACK GPX
UTBCN 26k HALF MARATHON 2024



wikiloc.com

MAX
15:00h


Sant Fruitós de Bages

START/FINISH

NAVARCLES

COLL DE LES GENERES


3 | 20,9
KM



LES BRUCADES

COLL DE LES
GENERES
299m


2 | 18,1
KM



ST ESTEVE VILA-RASA

MAX
13:15h

1 | 12,2
KM



TINA DE LES SOLANES

MANRESA

MATERIAL A | COMPULSORY

- Trail running shoes that fully cover the foot.
 - Thermal or survival blanket (minimum size of 2 x 1.2 m).
 - Hydration system (at least 1 liter).
 - Backpack or equivalent piece.
 - Cell phone turned on and not in airplane mode.
 - Hooded jacket made of waterproof (at least 10,000 mm water column) and breathable fabric, such as Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with thermo-sealed seams and in the runner's size.
- Caloric food reserve appropriate to the course and the number and type of refreshment posts of the race.
- Cap, tubular or similar piece.

MATERIAL B | ACCORDING TO WEATHER FORECAST









- Second thermal layer of at least 180 g, in the runner's size.
- Tights or leggings combined with a tights.

RECOMMENDED MATERIAL

- Sticks
- GPS device
- Suncream
- Sunglasses
- Anti-chafing cream



PROVISIONING UTBCN 26KM

	 WATER	 DRINKS	 SUPLEMENTS	 FRUIT	 PASTRIES	 CARBS
TINA DE LES SOLANES 12,2KM	✓		✓			
SANT ESTEVE VILA-RASA 18,1KM	✓	✓	✓			
COLL DE LES GENERES 20,9KM	✓		✓	✓		
FINISH	✓	✓		✓	✓	

 Water

 Drinks

 Gels | Bars | Isotonics

 Bannana | Melon
Apple | Nuts

 Pastries | Waffles
Sweets | Salted crackers

 Salad
Rice | Pasta

The content of the refreshment stations may vary. Not all aid stations may be created equal.

! If you are intolerant or allergic to any food, please contact the organization or the staff in advance of the refreshment stations to be able to correctly inform the consumer about the presence of allergenic ingredients and gluten on their plates and, in this way, avoid cross-contamination between them and public health problems.

Finish line refreshments: includes coca.



11KM

265 M+

265 M-

max. height **332m**

BIB'S PICK UP

Plaça Alfred Figueras

8:00am a 9:15am



START

Plaça Alfred Figueras

9:30am



FINISH

Plaça Alfred Figueras



MAX. RACE TIME



FIRST FINISHER PREVIEW

10:26h





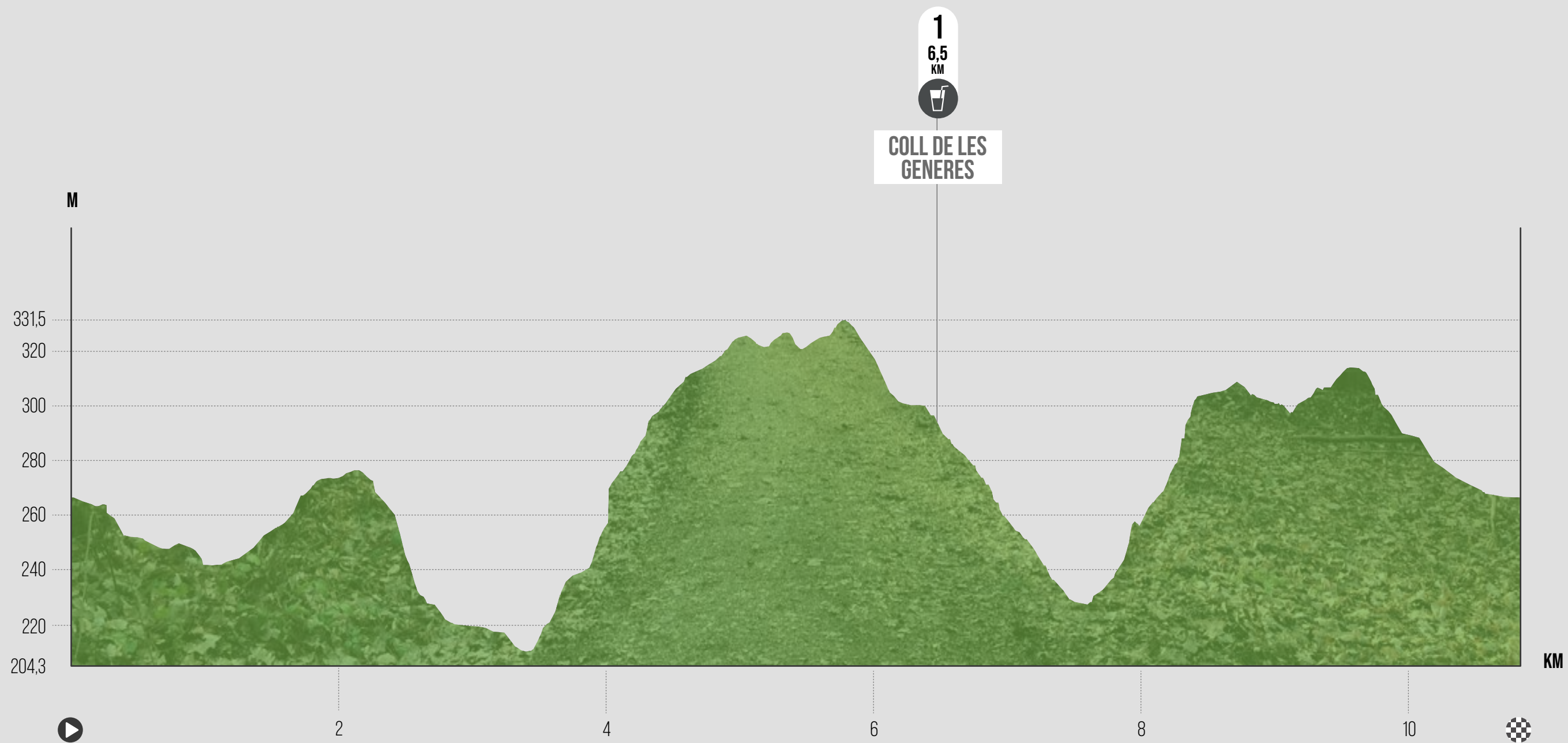
11KM

WHAT'S INCLUDED?

- COMMEMORATIVE GIFT OF THE RACE
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- SOLID AND LIQUID REFRESHMENTS ALONG THE ROUTE
- FINAL REFRESHMENT AT THE FINISH LINE
- SIGNPOSTED ROUTE
- TIMING SERVICE
- MEDICAL SERVICES
- SHOWER AND CHANGING ROOM SERVICE.
- FINISHER GIFT TO ALL PARTICIPANTS WHO COMPLETE THE RACE.

418

TRIP INFORMATION: +34 638 602 777



[DOWNLOAD THE TRACK GPX](#)
UTBCN 26k HALF MARATHON 2024




Sant Fruitós de Bages

START/FINISH



NAVARCLES

COLL DE LES GENERES

1 | 6,5 KM 

LES BRUCADES

COLL DE LES GENERES
299m

MANRESA

MATERIAL A | COMPULSORY

- Trail running shoes that fully cover the foot.
- Hydration system that can be refilled at the refreshment point
- Cell phone turned on and not in airplane mode.

MATERIAL B | SEGÚN PREVISIÓN METEOROLÓGICA



- Hooded jacket made of waterproof (at least 10,000 mm water column) and breathable fabric, such as Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with thermo-sealed seams and in the runner's size.

RECOMMENDED MATERIAL

- Sticks
- GPS device
- Suncream
- Sunglasses
- Anti-chafing cream



PROVISIONING UTBCN 11KM

- 
WATER
- 
DRINKS
- 
SUPLEMENTS
- 
FRUIT
- 
PASTRIES
- 
CARBS

COLL DE LES GENERES 6,5KM
FINISH

✓		✓	✓		
✓	✓		✓	✓	

-  Water
-  Drinks
-  Gels|Bars|Isotonics
-  Bannana|Melon
Apple|Nuts
-  Pastries|Waffles
Sweets|Salted crackers
-  Salad
Rice|Pasta

The content of the refreshment stations may vary. Not all aid stations may be created equal.

⚠️ If you are intolerant or allergic to any food, please contact the organization or the staff in advance of the refreshment stations to be able to correctly inform the consumer about the presence of allergenic ingredients and gluten on their plates and, in this way, avoid cross-contamination between them and public health problems.

Finish line refreshments: includes coca.

CAMINADA POPULAR

SANT FRUITÓS DE BAGES

6KM

79 M+

79 M-

max. height 276m

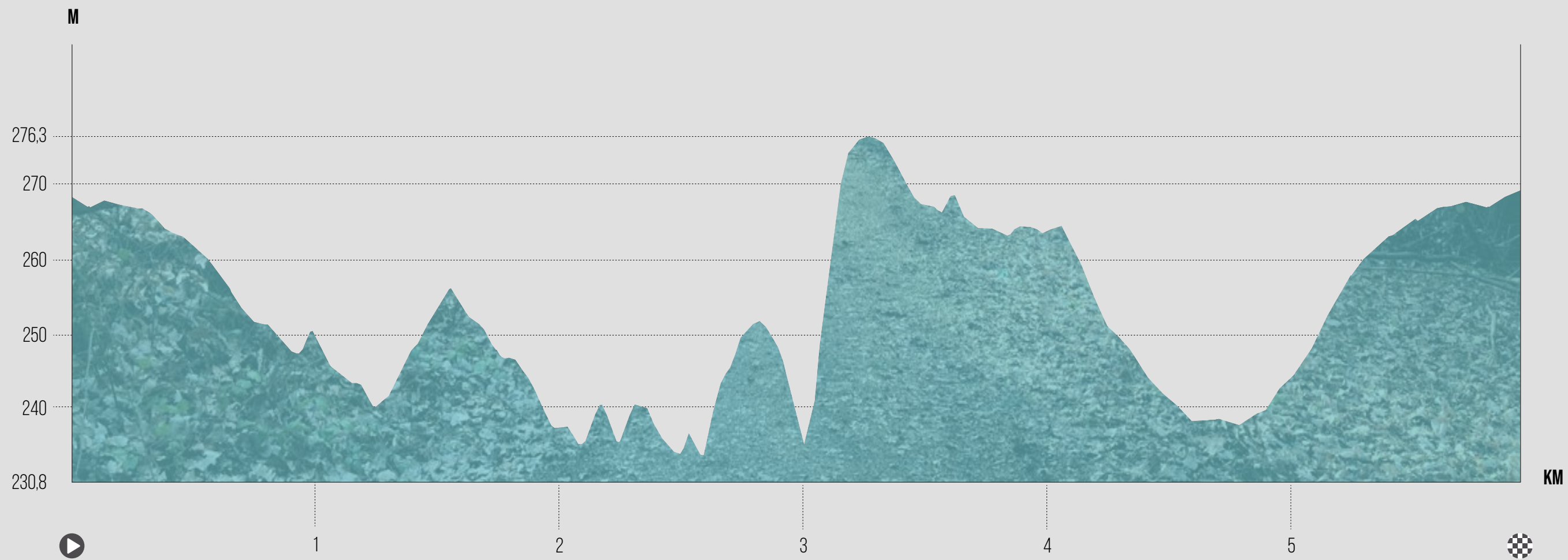
FOR ALL AGES

START
Plaça Alfred Figueras
10:00am



FINISH
Plaça Alfred Figueras





[DOWNLOAD THE TRACK GPX](#)
UTBCN 26k CAMINADA POPULAR 2024



Sant Fruitós de Bages

START/FINISH



NAVARCLES

MIRADOR DE
SANT FRUITÓS



MONESTIR DE
SANT BENET DE BAGES



LES BRUCADES

PONT DE LES GENERES



MANRESA

PASSERA DELS TRES SALTS



INSURANCE

The organization will have a third party liability insurance in force according to current regulations. 4.4.2. Participants will have to have a minimum accident insurance that covers the activity (Llicència FEEC - Modality C). Participants who do not have a federative license of this modality will have to contract it at the time of registration.

RESPONSABILITIES

Participants and organizers are subject to compliance with Royal Decree 1428/2003 of November 21, 2003, which regulates the General Traffic Regulations, and more specifically Article 14 of Annex 2. 6.2. Participants accept the rules and exempt the organizers from any liability in case of accident or material or bodily damage suffered during the competition, before or after it. 6.3. Participants compete at all times under their own free will. They are informed that participation in this sporting event involves a risk of injury to participants, from minor injuries to death. Any type of damage suffered during the race, for example and without excluding other reasons, those caused by falls (whatever the reason), run over, health problems arising from sport, illnesses, fainting, injuries (regardless of their seriousness) caused by fauna or flora, etc., or damage to equipment including loss, destruction, breakage, theft or loss due to sporting accidents or due to the dynamics of the activity itself. 6.4. It will be the obligation of the participants to progress safely at all times, they feel responsible for their actions and at the same time responsible for assuming the risk of the activity and the environment. This type of competition, taking place in the natural environment, in places of difficult control and access, implies an additional risk for the participants. By virtue of this, the participants attend at their own will and initiative, feeling aware and assuming the risks and consequences inherent to the participation in this event.

SECURITY

The organization will place, at certain points along the route and at the controls, specialized personnel in charge of ensuring the safety of the participants. It is mandatory to follow the instructions of these personnel, who will be properly identified. 7.2. Medical personnel and ambulances will be available at strategic points along the route to intervene in case of need. These places of medical assistance will be indicated on the official map of the race. 7.3. There will be a sweeping team in charge of closing the race and collecting all the marks of this, after its passage.

Therefore, if a participant has been overtaken by the barre team, he/she will not find any marks. 7.4. In case of adverse weather conditions or force majeure, the organization reserves the right to suspend, neutralize or modify the time slots and / or the route and refreshments. In this case the registration fee will not be refunded.

IMAGE RIGHTS

By registering, each participant waives the right to use his/her image rights and authorizes the organization and its sponsors to freely use and publish any photograph or video recorded in the context of the race.

METEOROLOGY

In case of adverse weather conditions or force majeure, the organization reserves the right to suspend, neutralize or modify the time slots and / or the route and refreshments. In this case the registration fee will not be refunded.

ASSISTANCE

Personal assistance is permitted exclusively at the refreshment points established by the organization. Except in these specific areas, it is forbidden to be assisted, accompanied or supplied externally by a person not registered for the race. 17.2 Bag of life: in the distance that the bag of life is enabled,

this will be released in the collection of bib and you can put sports equipment. The organization will only transport this bag and not others, and it must be clearly marked with the runner's bib number, as well as being very closed without protruding material.

EMERGENCIES**RACE ORGANIZATION**

Tel. (+34) 638 602 777

EMERGENCY ASSISTANCE

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