



GARMIN®

MountainFestival • VALL DE BOÍ •



PARTICIPANT'S GUIDE 28-29-30 JUNE 2024



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wikiloc

Accede a las rutas oficiales
de OCISPORT RUN en Wikiloc

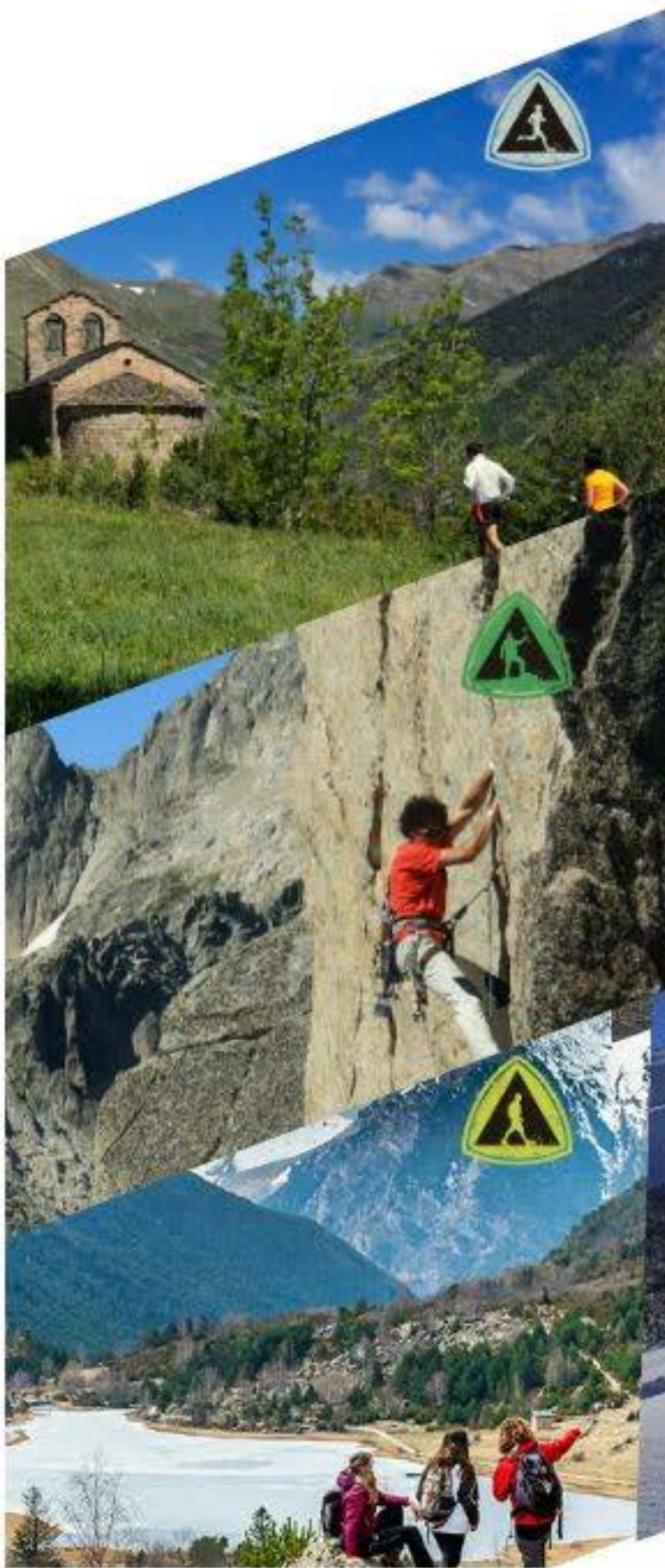
LA VALL DE BOÍ



WHERE THE PYRENEES TOUCH THE SKY

- The Boí Valley is a municipality made up of eight small population centres with a rich natural and cultural heritage. Highlights include the Aigüestortes and Estañó de San Mauricio National Park, the Romanesque churches that are UNESCO World Heritage Sites, the Fallas Festival, Unesco's Intangible Heritage, the Starlight certification, excellent gastronomy but above all a privileged environment for sports and outdoor activities throughout the year.
- Check our agenda and don't miss any activity:
<https://www.vallboi.cat/ca/agenda>
- More information about sports and adventure activities:
<https://www.vallboi.cat/ca/outdoor-park-vall-de-boi>
- Book your outdoor activity: <https://reservavalldeboi.com/aventura/ca>

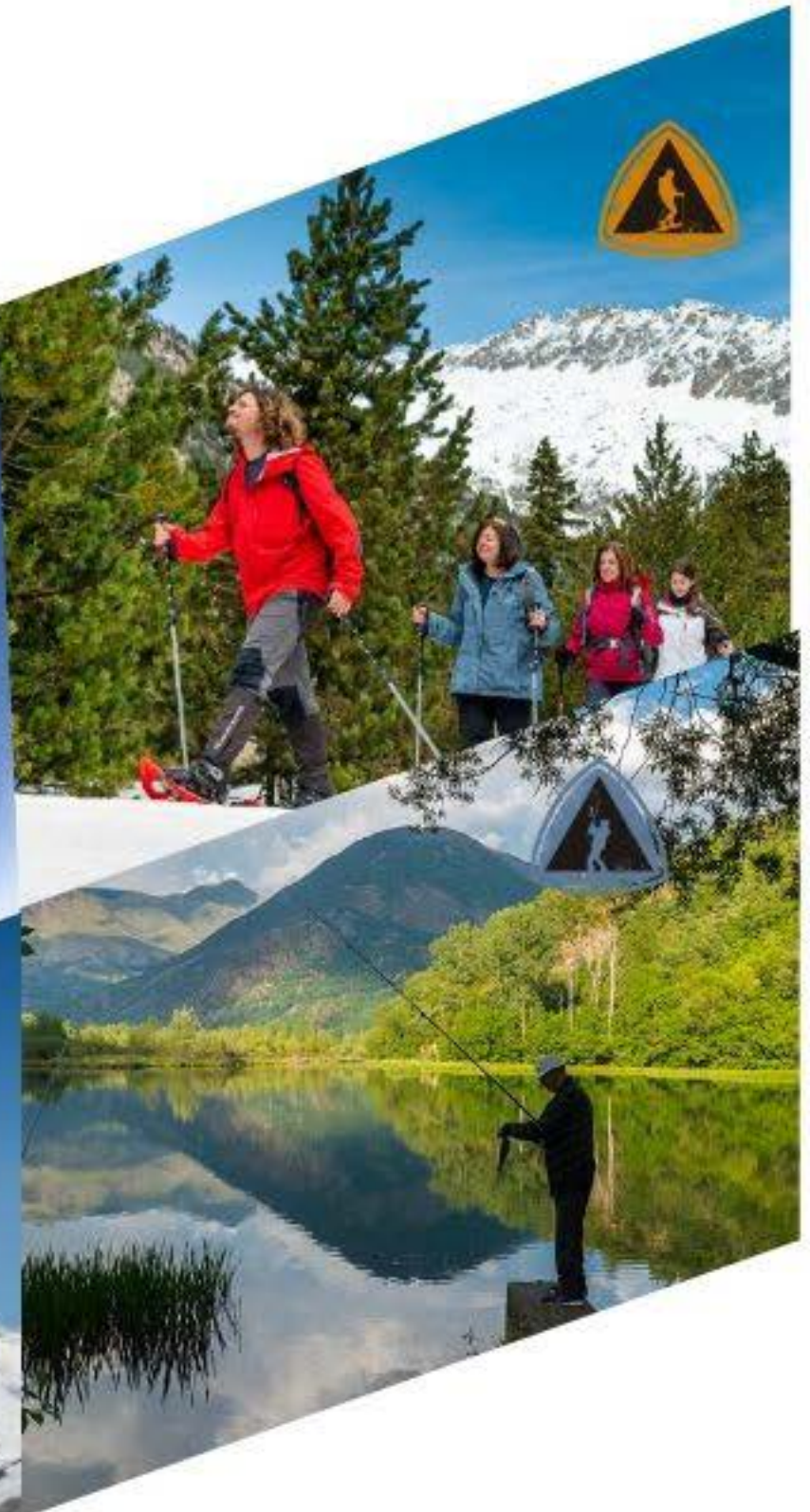
READ MORE ABOUT LA VALL




OUTDOOR PARK
-VALL DE BOÏ-




VALL DE BOÏ
On els Pirineus toquen el cel



www.vallboi.cat



GARMIN MOUNTAIN FESTIVAL

DISCOVER THE ENCHANTMENTS OF THE VALL DE BOÍ

- Tree days full of activities and surrounded by a pure trail running atmosphere. Feel the essence of the mountains in this unique event. Get ready to be back in the mountains at one of the most magical places from the Pyrenees. In June the 28, 29 and 30 2024 la Vall de Boí (Lleida Pyrenees) will be hosting the best of outdoor sports in its territory: Trail Running, Nordic walking, Adventure sports and other activities are awaiting you at the most important Mountain Festival in the south of Europe.

COME AND ENJOY THE FESTIVAL!



Three days of activities for children and adults

BARRUERA

LLEIDA



How to get there

WITH CAR

Barcelona - Barruera 298km (3:45h aprox.)
Lleida - Barruera 137km (2h aprox.)
Zaragoza - Barruera 236km (3h aprox.)
Toulouse - Barruera 216km (3h aprox.)

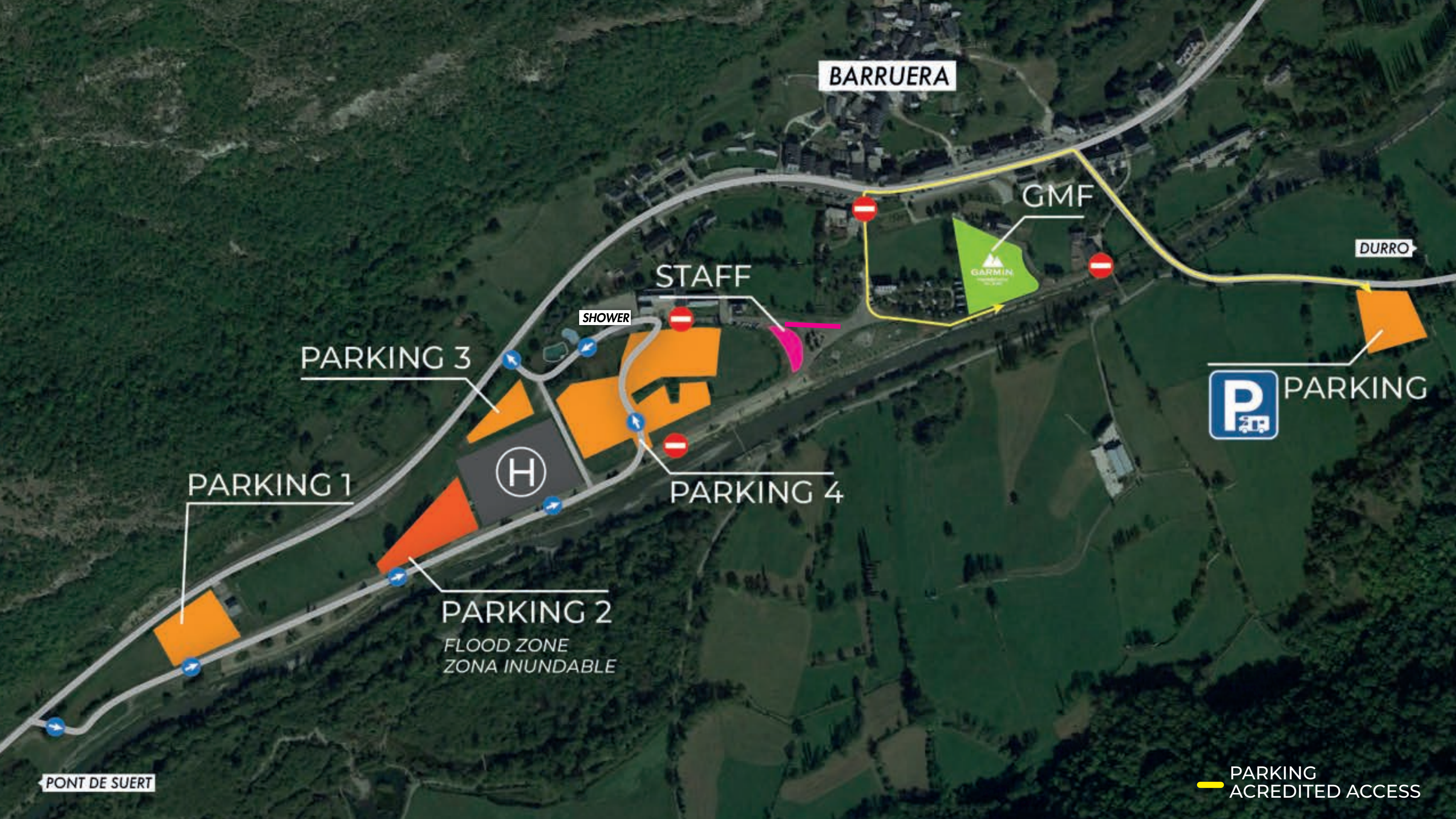
PUBLIC TRANSPORT

*Bus service from Lleida and Barcelona to El Pont de Suert.

*Train service to Lleida.

[MORE INFO](#)





BARRUERA

DURRO

GMF

GARMIN

STAFF

SHOWER

PARKING 3

PARKING 1

PARKING 4

H

PARKING 2

FLOOD ZONE
ZONA INUNDABLE



PARKING

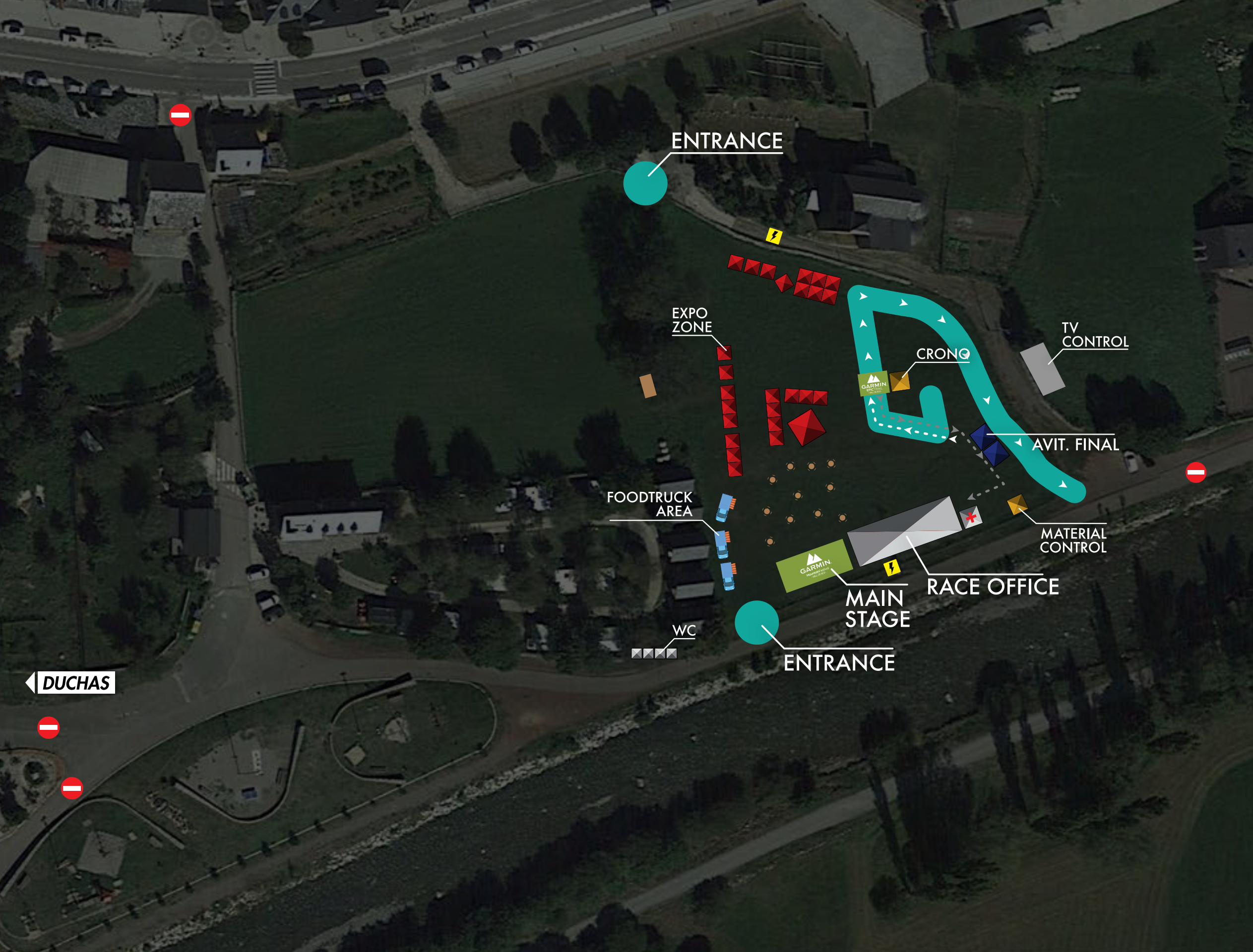
PONT DE SUERT

PARKING
ACREDITED ACCESS

Friday 28 JUNE
Saturday 29 JUNE
Sunday 30 JUNE

SERVICES IN THE FESTIVAL ZONE

- 
 START zone
 FINISH zone
- 
 BIB pick up
- 
 Final provisioning
- 
 Foodtrucks
- 
 Village zone
stands + activities + stage
- 
 Toilette



PROGRAM

FRIDAY 28 JUNE

12:00 – 20:00h	BIB pick up (ULTRA, MARATHON, SKY, SPEED & Rogaine)	Village zone
19:00h	Presentation Garmin Mountain Festival 2024	Stage village zone
19:30h	Learn how to use your GARMIN with Pedro Hidalgo	Stand Garmin
20:00h	Screening of the documentary "EL RÍO DE LOS SIETE NOMBRES <i>Un año de aventuras y exploraciones con el Mekong</i> ".	Stage village zone

SATURDAY 29 JUNE - MORNING

06:00 – 06:30h	BIB pick up ULTRA	Village zone
06:15 – 07:00h	BIB pick up MARATHON	Village zone
07:00h	Start Garmin Epic Trail ULTRA	Village zone
07:00h – 08:15h	BIB pick up Rogaine Vall de Boí 6h & 3h	Estación de Boí Taüll
07:30h	Start Garmin Epic Trail MARATHON	Village zone
09:00h	Start Rogaine Vall de Boí 3h & 6h	Estación de Boí Taüll
09:10h – 09:45h	BIB pick up Rogaine familiar	Estación de Boí Taüll
09:00 – 19:00h	BIB pick up SKY/SPEED	Village zone
10:00 – 10:30h	Training session Rogaine familiar	Estación de Boí Taüll
10:30 – 12:00h	Start Rogaine familiar	Estación de Boí Taüll
10:00 – 12:00h	Yoga activity (1 & 2)	Village zone
10:00h	Epic Trail YOUTH U16 + U13	Village zone
10:15h	Epic Trail YOUTH U11	Village zone
10:30h	Epic Trail YOUTH U9	Village zone
10:45h	Epic Trail YOUTH U7	Village zone
11:00h	Children's entertainment	Stage village zone
11:50h	Arrival first classified MARATHON	Village zone

The CLOAKROOM will be enabled on Saturday 29 from 7:00 a.m. to 9:00 p.m. (participants only)



The CLOAKROOM will be open on Sunday 30 from 7:00 a.m. to 3:00 p.m. (participants only)

SATURDAY 29 JUNE - AFTERNOON

12:00 – 13:30h	Nordic walking activity (Initiation 1)	Village zone
14:45h	Awards ceremony MARATHON	Stage village zone
15:00h	Arrival first classified ULTRA	Village zone
16:30h	Awards ceremony ULTRA men	Stage village zone
17:00h	Awards ceremony Rogaine Vall de Boí	Stage village zone
17:00 – 18:30h	Orientation activity (1)	Village zone
17:00 – 19:00h	Yoga activity (3 & 4)	Village zone
17:30h	Start Marxa del Salencar - Championship of Catalunya	Salencar
18:00 – 19:30h	Nordic walking activity (Initiation 2)	Village zone
18:30h	Race closing MARATHON	Village zone
18:30 – 19:30h	Prevention and safety workshop with Pedro Hidalgo	Stage village zone
19:30h	Awards ceremony Marxa del Salencar	Stage village zone
20:00h	Awards ceremony ULTRA women	Stage village zone
20:15 – 22:30h	DJ 3LOI	Stage village zone
22:00h	Race closing ULTRA	Village zone

SUNDAY 30 JUNE

07:30 – 08:30h	BIB pick up SKY	Village zone
08:00 – 09:00h	BIB pick up SPEED	Village zone
08:50h	Start Garmin Epic Trail SKY · women	Village zone
09:05h	Start Garmin Epic Trail SKY · men	Village zone
09:30h	Start Garmin Epic Trail SPEED	Village zone
09:35h	Start Marxa de la Vall	Village zone
10:00 – 12:00h	Yoga activity (5 & 6)	Village zone
10:20h	Arrival first classified SPEED	Village zone
11:00 – 12:30h	Orientation activity (2)	Village zone
11:15h	Awards ceremony SPEED	Stage village zone
11:40h	Arrival first classified SKY	Village zone
12:30h	Race closing SPEED	Village zone
13:15h	Awards ceremony SKY	Stage village zone
15:00h	Race closing SKY	Village zone

AHÍ FUERA, SOLO NECESITAS LO MEJOR

GARMIN.



EPIX™ PRO
PANTALLA AMOLED

FĒNIX 7 PRO
CARGA SOLAR

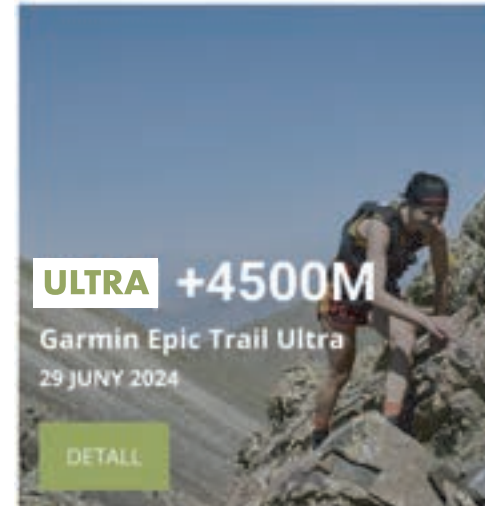
LO ÚLTIMO EN RELOJES INTELIGENTES DE ALTO RENDIMIENTO

03

GARMIN EPIC TRAIL

SATURDAY 29

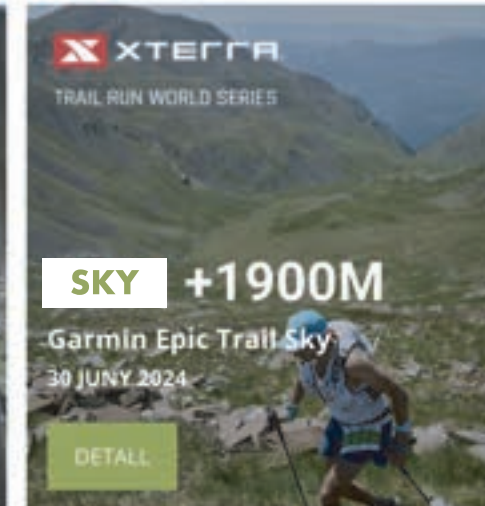
SUNDAY 30



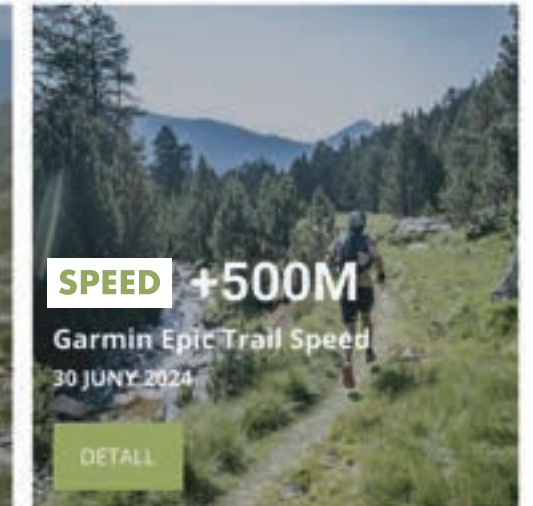
ULTRA +4500M
Garmin Epic Trail Ultra
29 JUNY 2024
[DETAILL](#)



XTEERRA
TRAIL RUN WORLD SERIES
MARATHON +2800M
Garmin Epic Trail Marathon
29 JUNY 2024
[DETAILL](#)



XTEERRA
TRAIL RUN WORLD SERIES
SKY +1900M
Garmin Epic Trail Sky
30 JUNY 2024
[DETAILL](#)



SPEED +500M
Garmin Epic Trail Speed
30 JUNY 2024
[DETAILL](#)


[RULES GARMIN EPIC TRAIL 2024](#)



Garmin Epic Trail Vall de Boí ULTRA

62KM
4.541M+
4.541M-
max. **2.703m**

BIB PICK UP
Village zone 
Friday 12:00 – 20:00h
Saturday 06:00 – 06:30h

START
Village zone 
07:00h

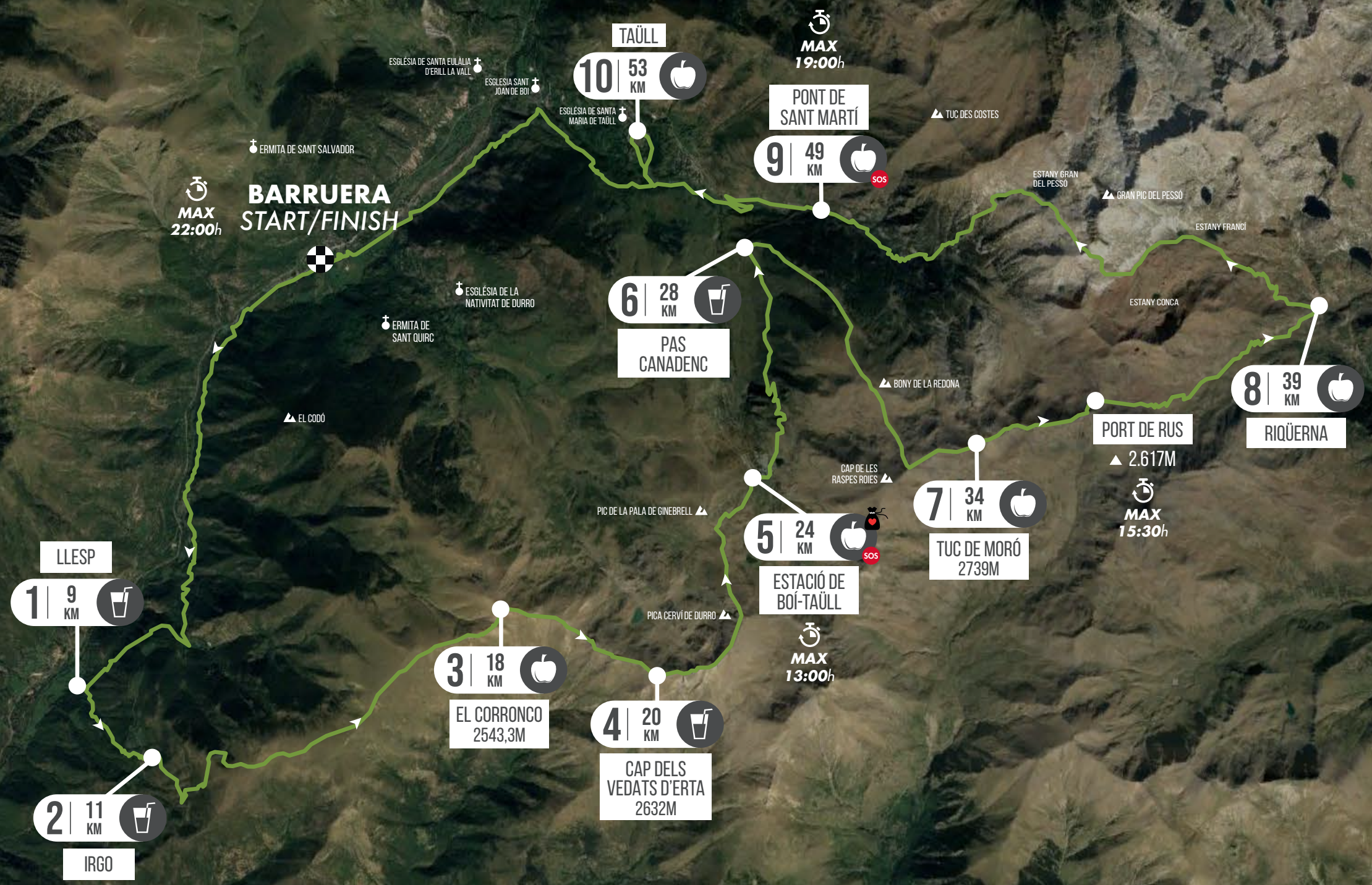
FINISH
Village zone 

AWARD CEREMONY
16:30h men 
20:00h women

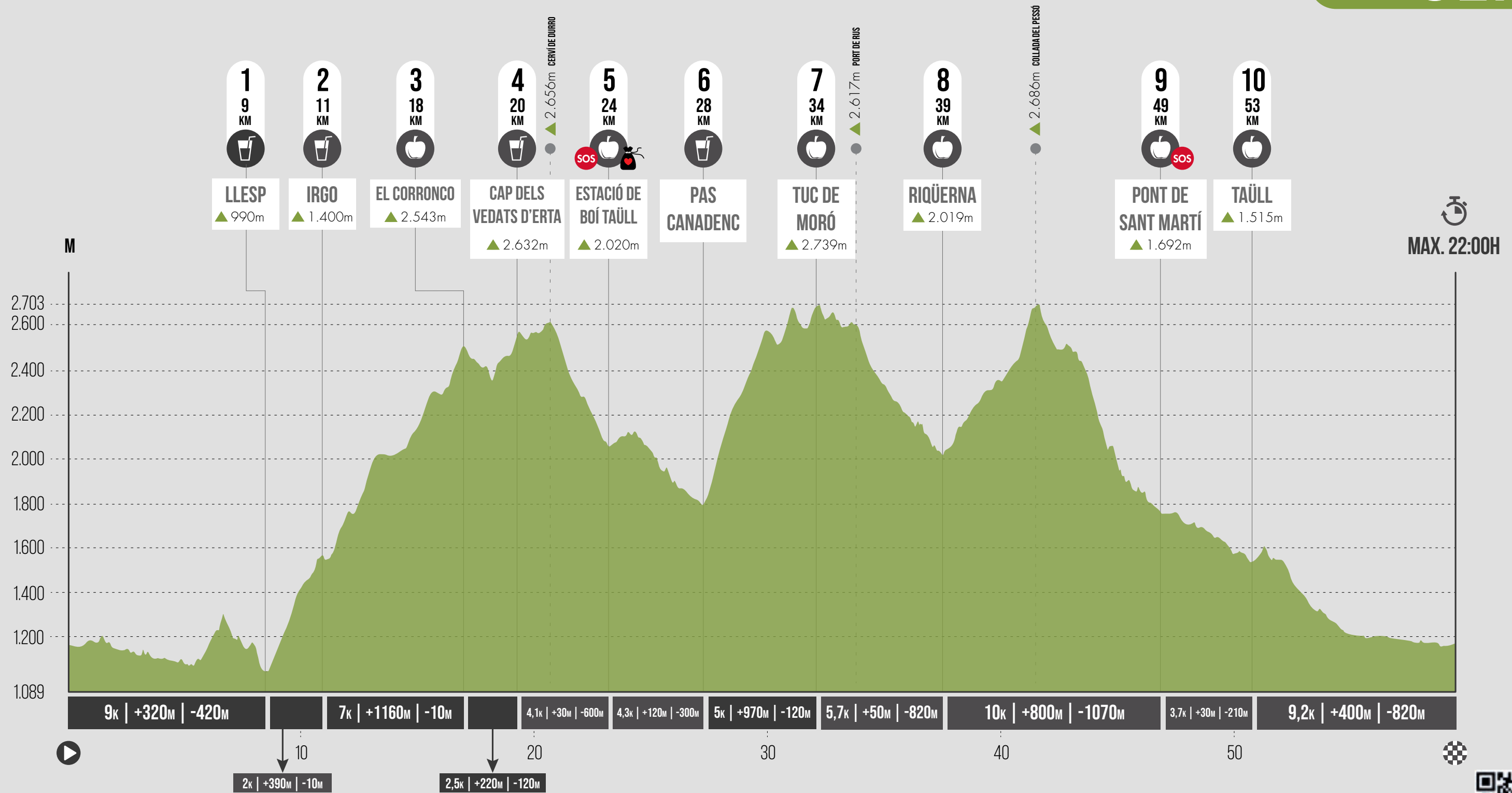
What's included

- SINGLE-USE BIB AND CHIP.
- COMMEMORATIVE T-SHIRT.
- PROVIDING DURING THE RACE.
- LIFE BAG TRANSPORT.
- MEDICAL SERVICE.
- CLOAKROOM SERVICE.
- FINISHER MEDAL
- FIND THE TOP THREE (M/F) IN EACH CATEGORY
- PRIZE FOR THE FIRST ABSOLUTE CLASSIFIEDS (M/F) GARMIN ENDURO 2





! Between provisioning 8 and 9 there is a distance of 10km of self-sufficiency by restrictions related to the National Park.







DESCARGA EL TRACK GPX
GARMIN EPIC TRAIL ULTRA



wikiloc.com



PROVISIONING ULTRA

	 WATER	 DRINKS	 SUPPLEMENTS	 FRUIT	 PASTRIES	 CARBS
LLESP 9KM	✓		✓			
IRGO 11KM	✓		✓	✓	✓	
EL CORRONCO 18KM	✓		✓		✓	
CAP DELS CEDATS D'ERTA 20KM	✓	✓	✓	✓		
ESTACIÓ DE BOÍ TAÜLL 24KM	✓	✓	✓	✓	✓	✓
PAS CANADENC 28KM	✓	✓	✓	✓	✓	
TUC DE MORÓ 34KM	✓		✓	✓	✓	
RIQUERNA 39KM	✓		✓	✓	✓	
PONT DE SANT MARTÍ 49KM	✓			✓		✓
TAÜLL 53KM	✓		✓	✓	✓	
FINISH*	✓	✓		✓	✓	



water



Soft drinks



Gel|Bars|Isotonics



Bannana|Melon|Watermelon
Apples|Nuts



Pastries | Sweets
Salted biscuits



Salad

The contents of liquid and solid refreshments may vary. It is possible that not all refreshments are the same.


*Variety of savory products and soft drinks or beer to choose from.




Garmin Epic Trail Vall de Boí MARATHON

42km
2.802M+
2.802M-
max. **2.733m**

BIB PICK UP
Village zone 
Friday 12:00 – 20:00h
Saturday 06:15 – 07:00h

START
Village zone 
07:30h

FINISH
Village zone 

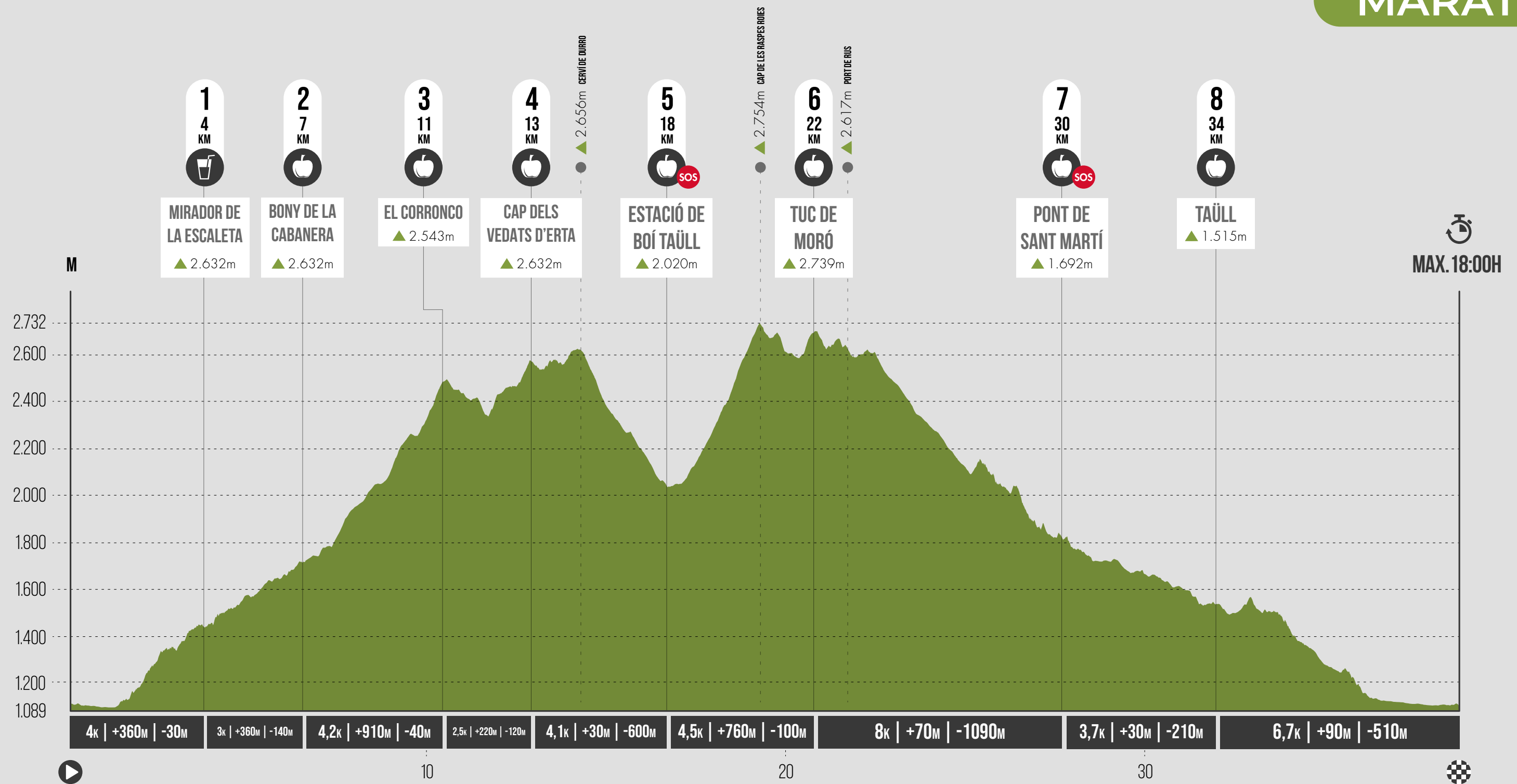
AWARD CEREMONY
14:45h 

What's included

- SINGLE-USE BIB AND CHIP.
- COMMEMORATIVE T-SHIRT.
- PROVIDING DURING THE RACE.
- MEDICAL SERVICE.
- CLOAKROOM SERVICE.
- FINISHER MEDAL
- FIND THE TOP THREE (M/F) IN EACH CATEGORY
- PRIZE FOR THE FIRST ABSOLUTE CLASSIFIEDS (M/F) GARMIN FENIX 7 PRO













DESCARGA EL TRACK GPX
GARMIN EPIC TRAIL MARATHON



wikiloc.com




PROVISIONING MARATHON


	 WATER	 DRINKS	 SUPPLEMENTS	 FRUIT	 PASTRIES	 CARBS
MIRADOR DE LA ESCALETA 4KM	✓		✓			
BONY DE LA CABANERA 7KM	✓		✓	✓	✓	
EL CORRONCO 11KM	✓		✓	✓	✓	✓
CAP DELS VEDATS D'ERTA 13KM	✓		✓		✓	
ESTACIÓ DE BOÍ TAÜLL 18KM	✓	✓	✓	✓	✓	✓
TUC DE MORÓ 22KM	✓		✓	✓	✓	
PONT DE SANT MARTÍ 30KM	✓	✓	✓	✓		✓
TAÜLL 34KM	✓		✓	✓	✓	
FINISH	✓	✓		✓	✓	

 water

 Soft drinks

 Gel | Bars | Isotonics

 Bannana | Melon | Watermelon
Apples | Nuts

 Pastries | Sweets
Salted biscuits

 Salad

The contents of liquid and solid refreshments may vary. It is possible that not all refreshments are the same.



Garmin Epic Trail Vall de Boí SKY

24km
1.943M+
1.943M-
max. **2.624m**

BIB PICK UP
Village zone 
Friday 12:00 – 20:00h
Saturday 09:00 – 19:00h
Sunday 07:30 – 08:30h

START
Village zone 
08:50h women
09:05h men

FINISH
Village zone 

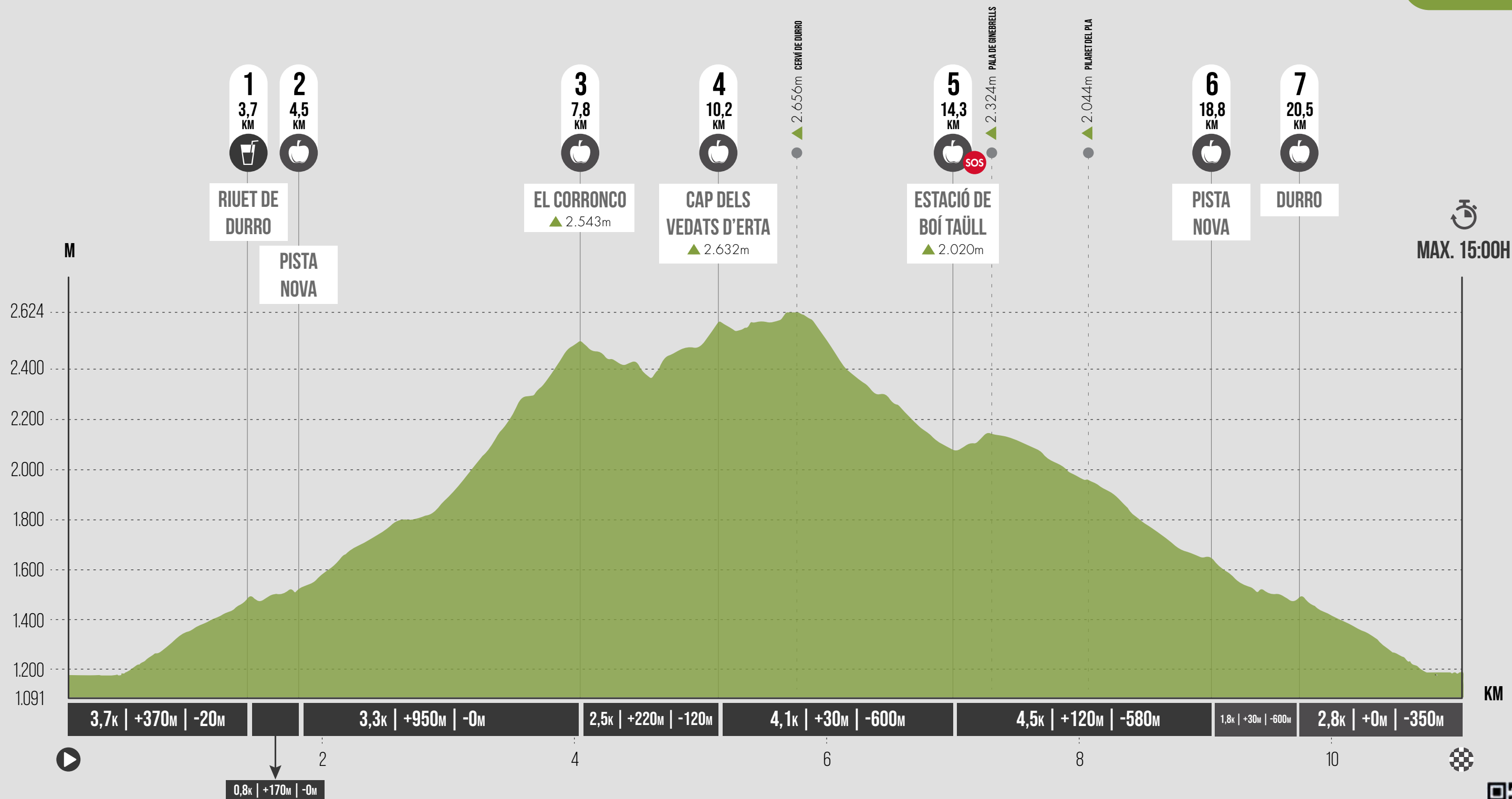
AWARD CEREMONY
13:15h 

What's included

- SINGLE-USE BIB AND CHIP.
- COMMEMORATIVE T-SHIRT.
- PROVIDING DURING THE RACE.
- MEDICAL SERVICE.
- CLOAKROOM SERVICE.
- FINISHER MEDAL
- FIND THE TOP THREE (M/F) IN EACH CATEGORY
- PRIZE FOR THE FIRST ABSOLUTE CLASSIFIEDS (M/F) GARMIN FENIX 7 PRO













DESCARGA EL TRACK GPX
GARMIN EPIC TRAIL SKY



wikiloc.com




PROVISIONING SKY

	 WATER	 DRINKS	 SUPLEMENTS	 FRUIT	 PASTRIES	 CARBS
RIUET DE DURRO 3,7KM	✓		✓			
PISTA NOVA 4,5KM	✓		✓	✓		
EL CORRONCO 7,8KM	✓		✓	✓	✓	
CAP DELS VEDATS D'ERTA 10,2KM	✓		✓	✓	✓	
ESTACIÓ DE BOÍ TAÜLL 14,3KM	✓	✓	✓	✓	✓	
PISTA NOVA 18,8KM	✓		✓		✓	
DURRO 20,5KM	✓		✓	✓	✓	
FINISH	✓	✓		✓	✓	✓

 water

 Soft drinks

 Gel | Bars | Isotonics

 Bannana | Melon | Watermelon
Apples | Nuts

 Pastries | Sweets
Salted biscuits

 Salad


The contents of liquid and solid refreshments may vary. It is possible that not all refreshments are the same.



Garmin Epic Trail Vall de Boí SPEED

12km
462M+
462M-
max. **1.491m**

BIB PICK UP
Village zone 
Friday 12:00 – 20:00h
Saturday 09:00 – 19:00h
Sunday 08:00 – 09:00h

START
Village zone 
09:30h

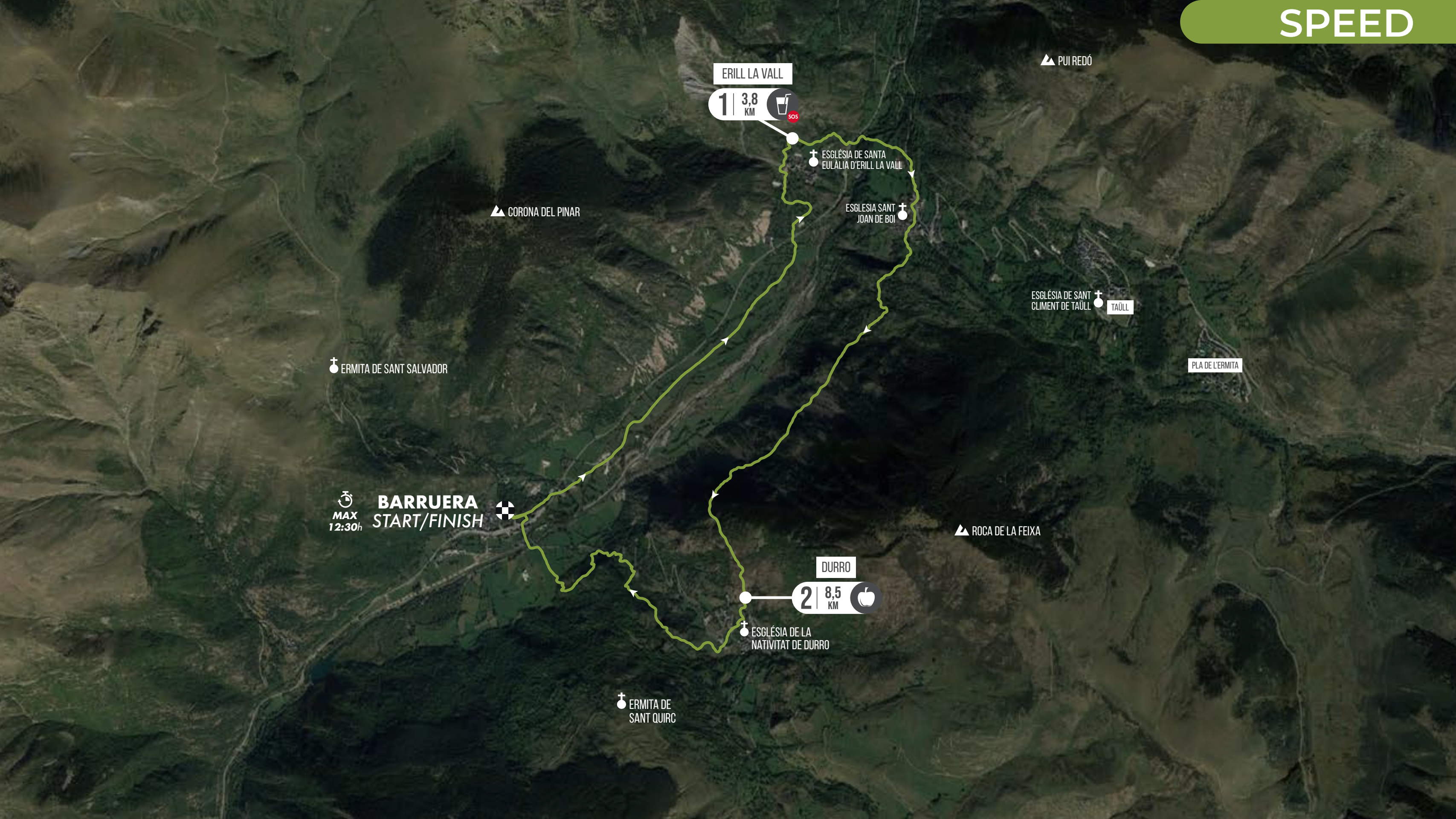
FINISH
Village zone 

AWARD CEREMONY
11:15h 

What's included

- SINGLE-USE BIB AND CHIP.
- COMMEMORATIVE T-SHIRT.
- PROVIDING DURING THE RACE.
- MEDICAL SERVICE.
- CLOAKROOM SERVICE.
- FINISHER MEDAL
- FIND THE TOP THREE (M/F) IN EACH CATEGORY
- PRIZE FOR THE FIRST ABSOLUTE CLASSIFIEDS (M/F) GARMIN INSTINCT 2





ERILL LA VALL

1 | 3,8 KM



ESGLÉSIA DE SANTA EULÀLIA D'ERILL LA VALL

ESGLÉSIA SANT JOAN DE BOI

▲ PUI REDÓ

▲ CORONA DEL PINAR

† ERMITA DE SANT SALVADOR

ESGLÉSIA DE SANT CLIMENT DE TAÜLL

TAÜLL

PLA DE L'ERMITA

🕒 MAX 12:30h

BARRUERA
START/FINISH



▲ ROCA DE LA FEIXA

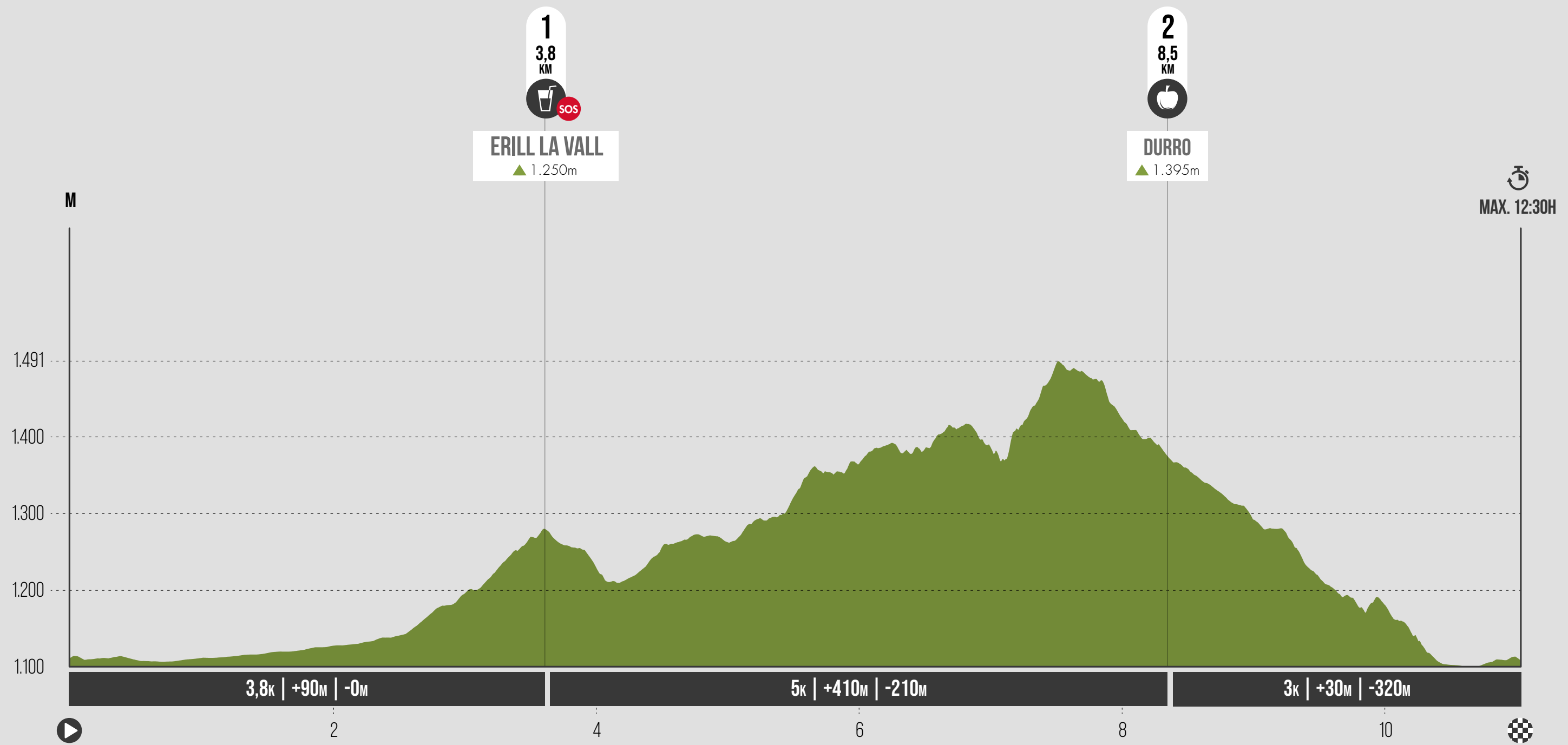
DURRO

2 | 8,5 KM



ESGLÉSIA DE LA NATIVITAT DE DURRO

† ERMITA DE SANT QUIRC








[DESCARGA EL TRACK GPX](#)
GARMIN EPIC TRAIL SPEED



wikiloc.com



PROVISIONING SPEED

	 WATER	 DRINKS	 SUPPLEMENTS	 FRUIT	 PASTRIES	 CARBS
ERILL LA VALL 3,8KM	✓		✓	✓	✓	
DURRO 8,5KM	✓			✓	✓	
FINISH	✓	✓		✓	✓	✓



water



Soft drinks



Gel | Bars | Isotonics



Bannana | Melon | Watermelon
Apples | Nuts



Pastries | Sweets
Salted biscuits



Salad

The contents of liquid and solid refreshments may vary. It is possible that not all refreshments are the same.



MANDATORY EQUIPMENT

APPAREL & EQUIPMENT A | COMPULSORY

	62K	42K	24K	12K
Mountain running shoes and socks	✓	✓	✓	✓
Thermal or survival blanket (min. 1,4 x 2m)	✓	✓	✓	
Hydration pack (min. 1l)	✓	✓	✓	
Backpack or equivalent	✓	✓	✓	
Waterproof jacket with hood, made from Gore-Tex or similar	✓	✓	✓	
Food supplies: gels, bars, fruit...	✓	✓	✓	
Thermal base layer (min. 180g)	✓	✓		
Long leggings or three-quarter-length leggings with leg sleeves	✓	✓		
Cap, neck gaiter or similar garment that covers the entire head	✓	✓	✓	
Mobile phone that is switched on with a fully-charged battery	✓	✓	✓	✓
Whistle	✓	✓		
Re-usable cup for refreshments	✓	✓	✓	✓

APPAREL & EQUIPMENT B | ACCORDING TO WEATHER FORECAST

	62K	42K	24K	12K
Waterproof trousers	✓	✓		
Thermal base layer (min. 180g)			✓	
Leggings or trousers			✓	
Gloves	✓	✓		
Waterproof jacket with hood, made from Gore-Tex or similar				✓
Thermal t-shirt	✓	✓		



Joma
TRAIL





04

MARXA DEL SALENCAR

CATALUNYA CHAMPIONSHIP AND OPEN EVENT

- The Centro Excursionista Alta Ribagorça (Alta Ribagorça Hiking Centre), a local organisation linked to the Federació de Entitats Excursionistes de Catalunya (Federation of Hiking Organisations of Catalonia) (FEEC), is proposing a 10-kilometre circular walk in the Salencar area of Barruera. Over 85% of the walk takes place in natural areas, running through the region dominated by the river Noguera de Tor in the heart of the Vall de Boí.

The race consists of walking round a 1.8 km circuit, with an altitude difference of 24 M+, and finishing at the same point.

SATURDAY 29 JUNE

10:00 – 17:00h	BIB pick up	Village zone
17:30h	Start Marxa de Salencar	Village zone
19:00h	Award ceremony	Stage village zone

PROVISIONING MARXA DEL SALENCAR



AV. DE CURSA	✓	✓	✓
FINISH	✓	✓	✓



Water



Bannana | Melon | Watermelon
Apples | Nuts



Pastries | Sweets
Salted biscuits

The contents of liquid and solid refreshments may vary. Not all of them may be the refreshments are the same.



What does the registration include?

- Liquid refreshment on the circuit
- Liquid and solid refreshment at the finish line
- Commemorative medal



Mandatory equipment

During the competition, all registered participants must wear the necessary sports equipment for the race depending on the weather conditions on the day of the race. The organisation may stipulate the mandatory use of certain equipment.

- + Walking poles
- + Equipment
- + Supervision and control of equipment and aids



Services

- Toilets
- Showers
- Changing rooms in the Barruera sports area

[MORE INFO](#)



CATALUNYA CHAMPIONSHIP

OPEN EVENT

 BARRUERA

 MARXA NÓRDICA

10KM (7LOOPS)

5KM (3LOOPS)
KIDS CATEGORIE





TEST FEATURES

MODALITY: Speed race

DISTANCE:

10K: Championship of Catalunya and OPEN event.

5K: Championship of Catalunya kids categorie.

NUMBER OF LOOPS:

10,2K = 7 LOOPS

5K (4,6K)= 3 LOOPS

This activity is jointly organized with the **Centre Excursionista Alta Ribagorça** and the **Federació d'Entitats Excursionistes de Catalunya**.

CATALUNYA CHAMPIONSHIP AND OPEN EVENT

CATALUNYA CHAMPIONSHIP CATEGORIES:

- Infantil – Sub14 (12 & 13 y.o.)
- Cadet – Sub16 (14 & 15 y.o.)
- Júnior (16 & 17 y.o.)
- Absoluta – O18 (more than 18 y.o.)

CATEGORIES OPEN EVENT:

- Juvenil (till 17 y.o.)
- Absoluta (more than 18 y.o.)
- Veterà (more than 40 y.o.)

SUBCATEGORIES:

- Promesa (18 to 23 y.o.)
- Sènior (24 to 39 y.o.)
- Veterà A (40 to 49 y.o.)
- Veterà B (50 to 59 y.o.)
- Veterà C (60 to 69 y.o.)
- Veterà D (more than 70 y.o.)

[VIEW THE RULES](#)



05

ROGAINE



ROGAINE VALL DE BOÍ

- Rogaine is a modality of orientation, long distance, cross-country navigation where teams of 2 to 5 people move on foot with the objective of achieving the maximum score by finding control points marked on a map and within a time limit specified. The control points can be visited in any order and are valued from 3 to 9 points depending on their physical and/or technical difficulty.

The maps are given to the teams between 30 minutes and 15 minutes before the start depending on the duration of the test. At that time each team must define the race strategy taking into account their capabilities.

DISCIPLINES



PROVISIONING ROGAINE



AV. DINS CIRCUIT	WATER	FRUIT	PASTRIES	CARBS
FINISH ROGAINE 6H	✓	✓	✓	✓
FINISH ROGAINE 3H/familiar	✓	✓	✓	✓

Water	Banana Melon Watermelon Apple Nuts	Pastries Sweets Salted biscuits	Salad
-------	---	--------------------------------------	-------

The contents of liquid and solid refreshments may vary. Not all of them may be the refreshments are the same.

CATALAN CUP



42 milestones

TEAMS OF 2, 3, 4 & 5

from 9.00 h
to 15.00 h

CONTROL DESCRIPTION 6H

POPULAR EVENT



25 milestones

INDIVIDUAL or
TEAMS OF 2, 3, 4 & 5

from 9.00 h
to 12.00 h

CONTROL DESCRIPTION 3H

FAMILIAR ROGAINE



from 10.00 h to 10.30 h
TRAINING SESSION

from 10.30 h to 12.00 h
ROGAINE FAMILIAR
VALL DE BOÍ

VIEW RULES



FRIDAY 28 JUNE - BARRUERA

10:00h – 18:00h BIB pick up

Village zone

SATURDAY 29 JUNE - ESTACIÓ BOÍ TAÜLL

07:15h - 08:15h Bib pick up (6h & 3h)

08:20h - 08:40h Entrance to the closed parc

08:30h Briefing

08:40h Maps opening

09:00h Start Rogaine (6h & 3h)

09:10h - 09:45h BIB pick up Rogaine familiar

10:00h - 10:30h Training session Rogaine familiar

10:30h Start Rogaine familiar

12:00h Arrival (Rogaine familiar & 3h)

12:30h Race closing (Rogaine familiar & 3h)

15:00h Arrival (6h)

15:30h Race closing (6h)

SUNDAY 29 JUNE - BARRUERA

17:00h Award ceremony

Stage village zone

TECHNICAL INFORMATION

CHRONO

Timing will be done with the SportIdent (SI) system. If you have requested a SportIdent chip/card rental, remember that you will have to leave a deposit when you pick it up.

Rogaine 6H and 3H

- deposit of 50€ - Rogaine from 1H30
- deposit of 20€

The card WILL have to be worn fixed to the wrist throughout the race, with an unbreakable bracelet (which will be given by the organization when you collect the bib). The seal will be removed exclusively by the members of the organization when they reach the finish line.

AWARD CEREMONY

The awards ceremony will be held at 5:00 p.m. on Saturday in Barruera. It will be necessary to be present to receive the trophies and prizes.

ROGAINE 6H

- A trophy and material will be awarded to the first qualified men's team, the women's first team and the first mixed team. Medals will be awarded for the first three teams by categories.

ROGAINE 3H

- Medals will be awarded for the first three teams by categories and individual.

SERVICES

WC's at the base of the Boí Taüll mountain resort, in the competition centre. WC's and showers in the Barruera sports area.

Provisioning:

Arrival refreshments for all modalities (water, fruit and ganyips) Pasta or rice dish on arrival for the 6H modality Race refreshments (water) (6h and 3h map)

There is a bar service at Boí Taüll station.

PARKING

On Saturdays you can park your vehicles in the car park set up at the Estació de Boí Taüll: <https://maps.app.goo.gl/HaYU8BzAkYQFfpFP8>

The distance from the park to the competition centre is 200 metres. En aquest pàrquing està prohibit pernoctar. El pàrquing s'obrirà al públic el mateix dissabte al matí.

MOTORHOMES AND CAMPERS

It is not allowed to stay overnight in the parking lot of the station. In the Boí Valley you have different motorhome areas, the closest to the Boí Taüll Station is in the Pla de l'Ermita:

<https://maps.app.goo.gl/E8Kea8tPgZoWggve9>

TECHNICAL INFORMATION

THE TERRAIN

The race will be held in the surroundings of the mountain resort of Boí Taüll, which located in the Lleida Pyrenees, in the Alta Ribagorça region, is located in a unique setting, at the gates of the Aigüestortes and Estañó de San Mauricio National Park in one of the most spectacular places in the Catalan Pyrenees thanks to the Romanesque heritage of the Boí Valley. The ski and mountain resort of Boí Taüll has a maximum height of 2,751 m and a minimum height of 2,035 m. The Rogaine will be contested on a high mountain terrain, mostly open and comfortable to run cross-country, with occasional elements of vegetation, rocks and cuts. Also with some forest areas and many contour line details. Overall steep slopes are moderate to strong. You can find herds of cows and horses, be very respectful and in case you pass a groom or a fence make sure to close it correctly.

THE MAP

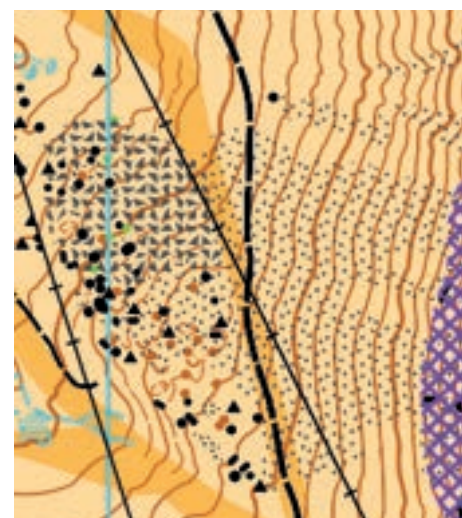
Map 2023 edition [here](#)

It is a specific map of Rogaine, mapped with the specific symbology of orienteering races. The map will be at a scale of 1:15000 and equidistance 10 m, made in the spring of 2023, expanded and revised in the spring of 2024, with fieldwork by the technical staff of La Nueva Fita. The map will be printed on pretex paper.

Special Symbols:

- The symbol 709 (out-of-bonus) has been used to indicate dangerous areas where it is strictly forbidden to cross. (These are basically areas of land with a very steep slope and areas of impassable cliffs, although at the top it may not seem so).
- The symbol 401 (open land) has been used to draw the trail of the ski slopes (not very visible in the summer season).
- The symbol 710 (crossing point) has been used to indicate where the fences of the impassable symbol (symbol 518) can be most easily crossed.
- The symbols of pre-Schoense zones (209, 210, 211 and 212) are drawn with 60% gray (nowhere black) to make the map easier to read.

Stones smaller than 1m are not drawn on the map.



MATERIAL

MATERIAL 6H / 3H

- **Required material per participant:**
 - Backpack.
 - Waterproof jacket with hood. Gore-Tex or similar.
 - Thermal or survival blanket (min. 1.4 x 2 m).
 - Map delivered by the organization
 - SportIdent Card (own or rented).
 - Xiulet (in case of emergency the runner must make a series of short whistles to warn the other participants).
 - Hydration system (min. 1 l).
 - Food reserve: gels, bars, nuts...
 - Compass.
 - Second thermal layer.
 - Long trousers or pirates combined with hammers.
 - Sand, tubular or similar covering the entire head.
- **Compulsory equipment per team:**
 - Aid pharmaceutical containing:
 - 2 mono doses of physiological serum.
 - 2 sterile compresses.
 - 2 sterile tanks for wounds and scratches.
 - Anagesics.
 - Band aid.
 - Elastic bandage
 - Mobile powered on with battery charged on startup.
- **Forbidden material:**
 - GPS that can load maps.
 - Altimeter.
 - Podometer.
- **Recommended material:**
 - Mountain footwear with good hits due to the characteristics of the terrain
 - Sticks.
 - Solar cream.

MATERIAL FAMILIAR

- **Material per participant:**
 - Map delivered by the organization
 - SportIdent Card (own or rented).
 - Compulsory equipment for equipment:
 - Backpack.
 - Mobile powered on with battery charged on startup.
 - Hydration system.
 - Thermal or survival blanket (min. 1.4 x 2 m).
 - Xiulet (in case of emergency the runner must make a series of short whistles to warn the other participants).
 - Compass.
- **Forbidden material:**
 - GPS that can load maps.
 - Altimeter.
 - Podometer.
- **Recommended material:**
 - Mountain footwear with good hits due to the characteristics of the terrain
 - Sticks.
 - Solar cream.
- In case of **bad weather forecast** we recommend:
 - Material per participant
 - Waterproof jacket with hood. Gore-Tex or similar.
 - Long trousers or pirates combined with hammers.
 - Sand, tubular or similar covering the entire head.

GARMIN EPIC TRAIL YOUTH

They are races aimed at the youngest for boys and girls with circuits and distances adapted to each category, starting and finishing in Barruera through the Prats de la Ribera and the Salencar Park.

At the end there will be children's entertainment for all the children.

FRIDAY 28 JUNE

12:00 - 20:00h BIB pick up

19:00h Presentation Garmin Epic Trail 2024

SATURDAY 29 JUNE

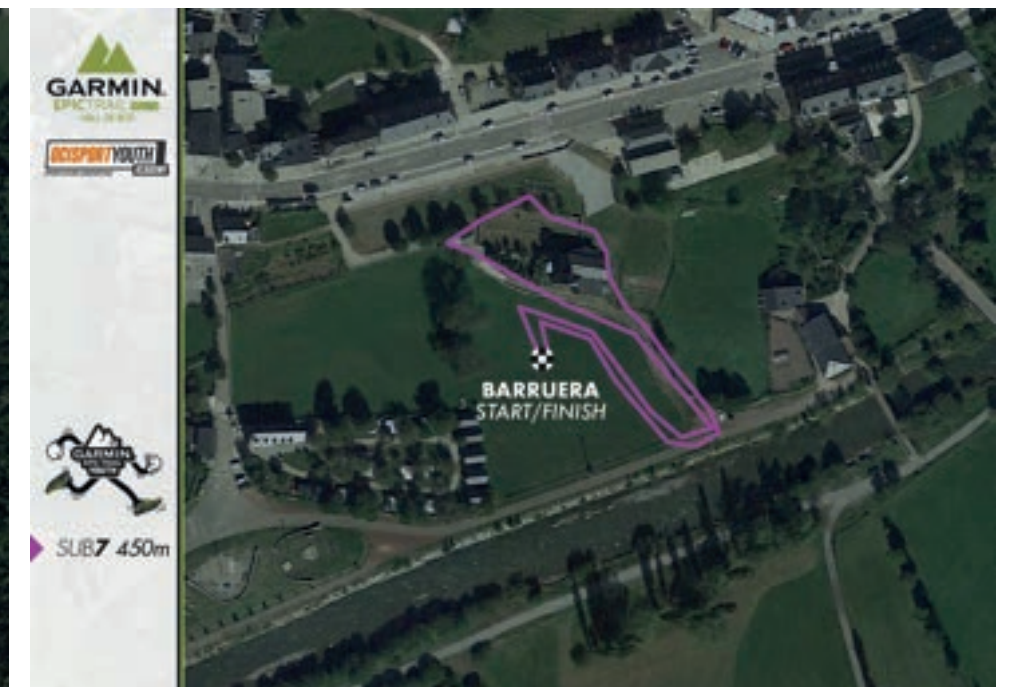
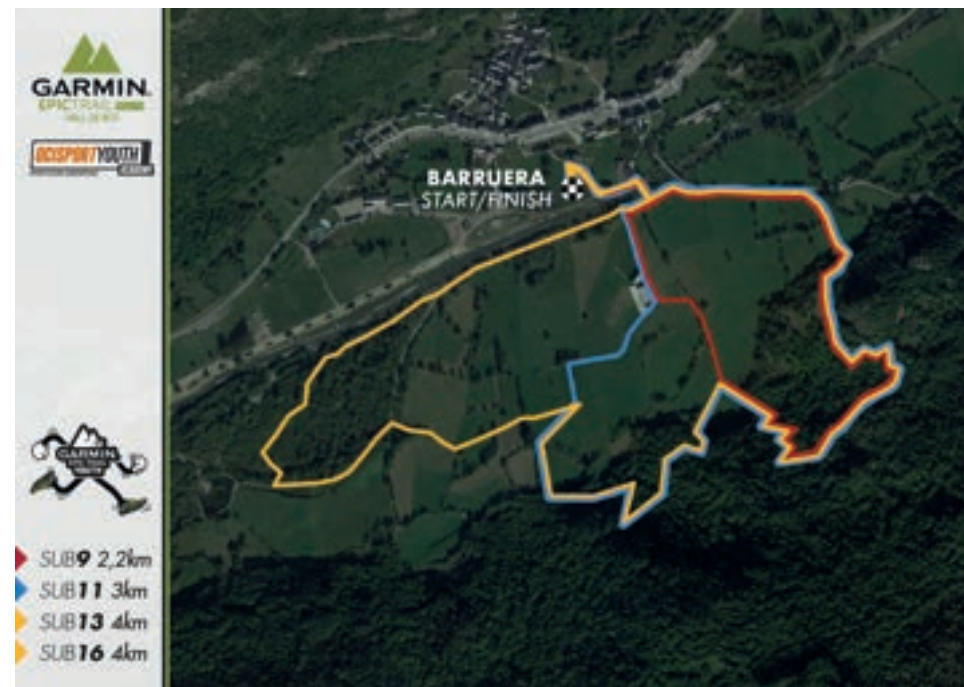
10:00h Start race Epic Trail Youth U13 & U16

10:15h Start race Epic Trail Youth U11

10:30h Start race Epic Trail Youth U9

10:45h Start race Epic Trail Youth U7

FREE REGISTRATION



INSCRIPCIONES ABIERTAS

Inscripciones online hasta el 27/06/24

¡ATENCIÓN!

En función de las plazas disponibles podreis realizar la inscripción presencialmente hasta 15min antes de cada sesión.



INITIATION NORDIC WALKING

We propose 3 activities guided by experienced instructors that will help you learn about and practice this sport, with the aim of having a training session on Saturday and a practice session on Sunday.



The Club d'Esports de Muntanya Cerdanyola organizes the activity with the aim of promoting the practice of sport in the mountains with values and promoting respect for nature and helping to preserve it.

SATURDAY 29 JUNE

12:00h - 13:30h Session 1

18:00h - 19:30h Session 2

SUNDAY 30 JUNE

9:35h Start Marxa de la Vall

INTRODUCTION TO ORIENTATION

Ideal activity for the whole family. Map and compass orientation is an essential skill for those who enjoy outdoor activities, such as hiking, trekking or simply exploring unfamiliar areas.

SATURDAY 29 JUNE

17:00h - 18:30h Session 1

SUNDAY 30 JUNE

11:00h - 12:30h Session 2

OUTDOOR YOGA

Yoga is an ancient discipline that combines physical postures, breathing techniques and meditation to promote the overall well-being of the individual. When practiced outdoors, specifically in places as magical as the Boí Valley, the benefits are multiplied, fusing the physical and mental advantages of yoga with the therapeutic gifts of nature.



If you do not have a pad, our partner OBBO Yoga will provide you with a free transfer service and you will be able to check the quality of its product, designed specifically for the practice of Yoga, made of natural rubber, environmentally responsible.

SATURDAY 29 DE JUNE

10:00h - 12:00h Session 1 & 2

17:00h - 19:00h Session 3 & 4

SUNDAY 30 DE JUNE

10:00h - 12:00h Session 5 & 6



OUTDOOR CINEMA



DAY: Friday, 28 June

HORA: 20:00h

LOCATION: Village zone

DURATION: 71 minutos


FORMAT: 1:2.35 (FHD)

DIRECTION & CINEMATOGRAPHY: Sergi Ricart

EDITING AND ASSEMBLY: Sergi Ricart

VOICES OFF: Sílvia Bel y Sergi Ricart

ORIGINAL SOUNDTRACK: Borja Penalba

 @mountain.lights

 sergiricart.blogspot.com

HELP US COLLECT WASTE RESPONSIBLY

The National Park of Aigüestortes and Estany de Sant Maurici is located in one of the most privileged areas of the Pyrenees mountain range. Its surface area of more than 40,000 hectares is divided between four counties that have a rich natural and cultural heritage: Alta Ribagorça, Pallars Sobirà, Pallars Jussà and Val d'Aran. The Park is included in the Spanish National Parks Network and is the only one of its kind in Catalonia. Its valleys, surrounded by peaks more than 3,000 m high, treasure a magnificent representation of all the elements that characterize the high Pyrenees, both in its geological formations and in its flora and fauna. Water is perhaps the most characteristic element of the Park, whether in the form of snow, rivers, waterfalls or being part of the more than 200 lakes that are spread over its geography and that give this natural space of special protection a character unique and unrepeatable.

The Park receives more than half a million visitors each year: one of its main

objectives is to make people's access compatible with the complete conservation of all its natural values. This goal is impossible to achieve without the effective involvement of all its visitors. For this reason, we ask for your cooperation and respect for the established protection regulations.

For this reason, remember that: For more information on the good environmental practices they must respect during the warm-up and the competition, visit the Good Practices Manual (FEDME)

LINK:https://www.gencat.cat/mediamb/publicacions/monografies/codi_bones_practiques.pdf

Eco-responsability

Do not leave rubbish in nature, use the available containers, respect the flora and fauna, and strictly follow the marked route without using shortcuts. The organization will use, whenever

possible, reusable or recyclable material and will proceed to selective collection (batteries, paper, plastic, etc.). The marking of the route, carried out on foot, will be collected on the same day. The course will be cleaned immediately after the last runner. Communication on paper will be reduced to a minimum, prioritizing electronic support.



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