

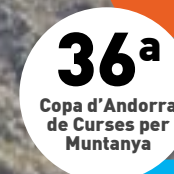
RUNNER'S GUIDE

Climb the highest
mountain in Andorra!



TRAIL RUN

24km
2.375M+



TRAIL RUN

19km
1.456M+



VERTICAL

8km
1.483M+

TITLE SPONSOR:

MERRELL®

AFFILIATE:



INSTITUTIONAL SPONSORS:



OFFICIAL SPONSOR:



TECHNOLOGY PARTNER:

GARMIN®

OFFICIAL MAPPING:

wikiloc

SUPPORTED BY:



ORGANIZING:

OciAndSport
OUTDOOR EXPERIENCES



Designed with rain in mind.
The MTL Long Sky 2 dries quicker
so you can stay out longer.
Same is Boring.

**Leave water
in your wake.**

MERRELL

PROGRAM



22/07/2022 - SATURDAY

7:30h a 8:30h	Pick up bib number Vertical Comapedrosa
9:00h a 10:30h	Pick up bib number child races
9:00h	Start Vertical Comapedrosa
9:00h	Hiking in the Comapedrosa Valley by MERRELL HIKING CLUB
9:00 a 19:30h	Pick up bib number 24K and 19K
11:00h	Start child races
12:00h	Award ceremony VERTICAL Comapedrosa
18:00h a 19:00h	Yoga in nature by MERRELL
19:00h a 20:00h	Yoga in nature by MERRELL
19:30h	*Mountain Cinema "Rolling mountains: un viatge esportiu i familiar per tot el món" by Pere Aurell and Ragna Debats

*Big screen Restaurant Surf - Arinsal

23/07/2022 - SUNDAYt

6:30 a 7:30h	Pick up bib number 24K
7:30 a 8:30h	Pick up bib number 19K
8:00h	Start Skyrace Comapedrosa 24K
9:00h	Start Skyrace Arinsal 19K
9:00h	Hiking in the Comapedrosa Valley by MERRELL HIKING CLUB
12:00h	Award ceremony 24K and 19K

Ets corredor?

Inscriu-te a la cursa i aprofita aquests descomptes i ofertes exclusius. A més a més, disposem d'un sorteig especial.

No t'ho perdís!



MERRELL

-30 % AGILITY PEAK 4



ARCH MAX

-20 %



HYDRATION VEST 6L



HYDRATION VEST 2,5L



BELT PRO ZIP BLACK L/XL
+ 1SF300ML



BELT PRO BLACK



BELT PRO T TRIANGLE



BELT PRO PLUS BLUE L/XL



CONE
FLASK
500ML



FLEXICUP
200ML

ENFORMA

-15 %



HAMBURGO



MONTBLANC



MULHACÉN



MADRID



BOSTON



SAHARA



BARCELONA



MALLA
MESTRAL



MALLA
GARBÍ



MARINADA

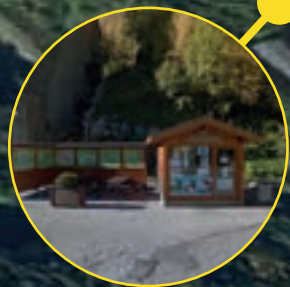
FITA

-25 %

**PREUS
EXCLUSIUS**

per a totes i tots vosaltres!

MEETING POINT
HIKING



 5min



YOGA IN NATURE
BY MERRELL



 CARAVAN'S PARKING

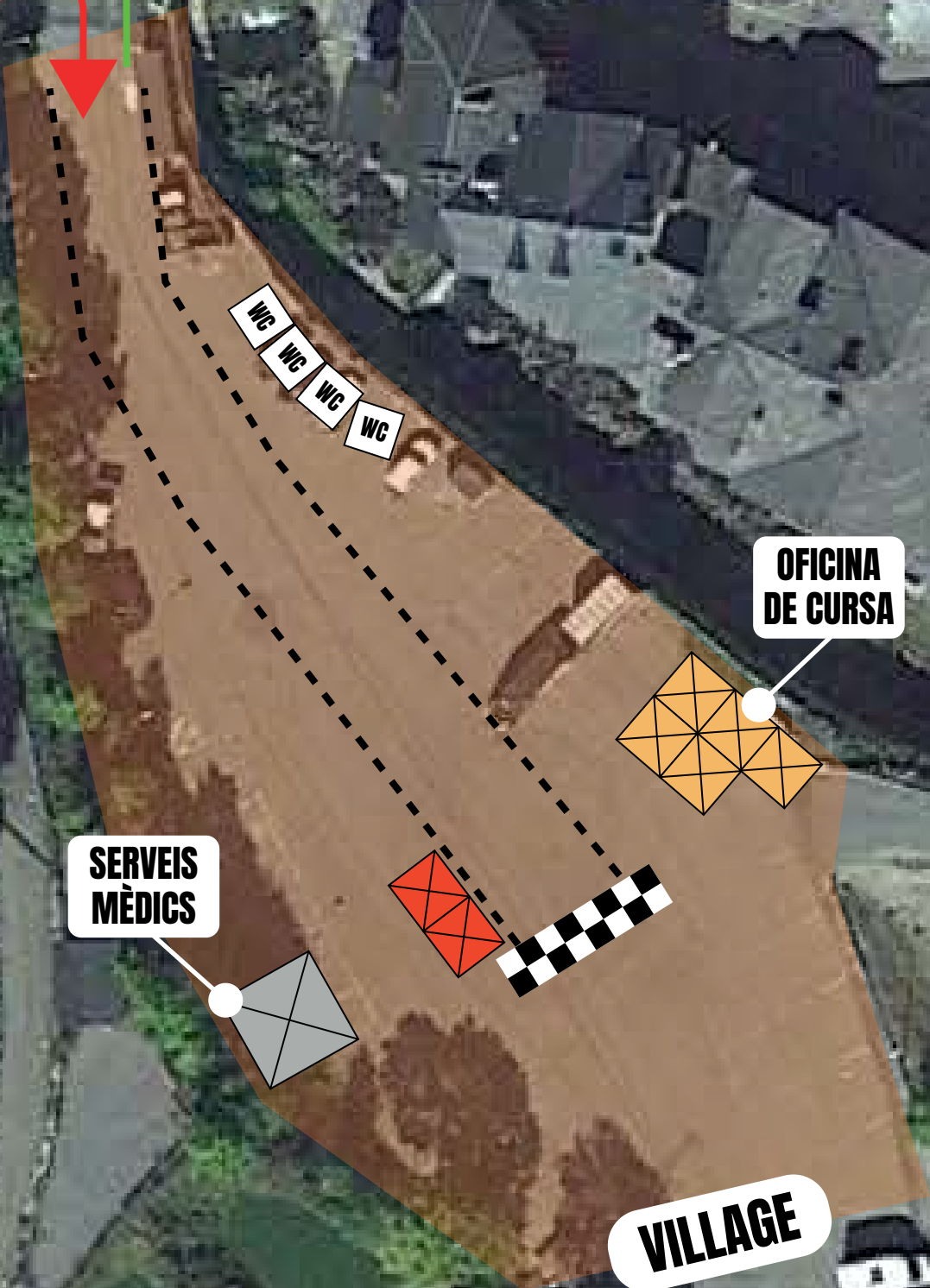
 VILLAGE

 ACTIVITIES


MERRELL[®]
MOUNTAIN FESTIVAL
— COMAPEDROSA —
LA MASSANA - ANDORRA

MAPA VILLAGE

— START
— FINISH





wikiloc

**Accede a las rutas oficiales
de OCISPORT RUN en Wikiloc**

SKYRACE COMAPEDROSA · 24K

XTEGGA
TRAIL RUN WORLD SERIES

MERRELL
COMAPEDROSA
LA MASSANA - ANDORRA
TRAIL RUN

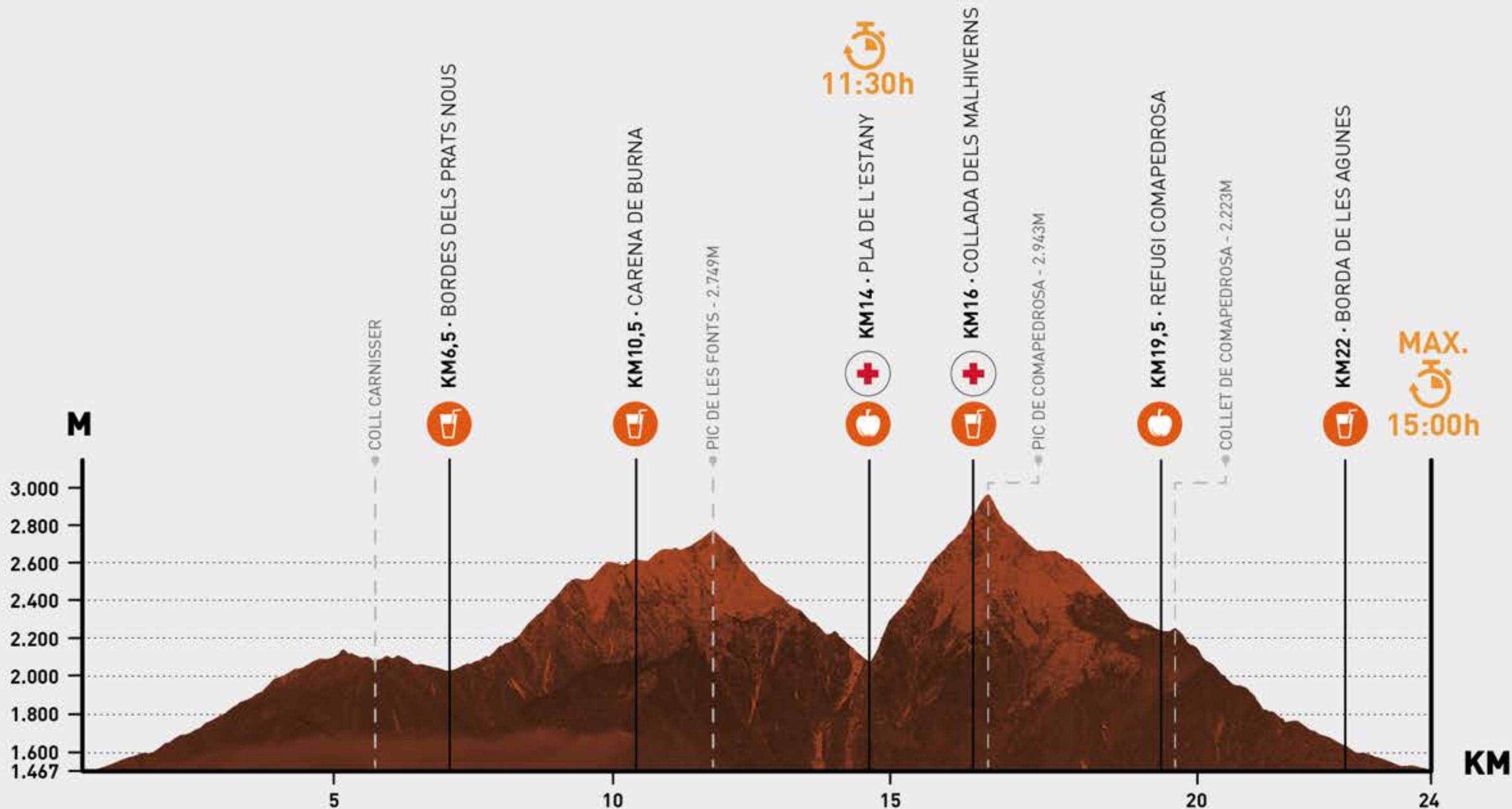


24km
2.375M+

Starting point and finish line: Arinsal (1.467m)
Highest peak: Pic del Comapedrosa (2.942m)

FEED ZONES

- 1-BORDES DELS PRATS NOUS
- 2-CARENA DE BURNA
- 3-REFUGI DEL PLA DE L'ESTANY
- 4-COLLADA DEL FORAT DELS MAHIVERNS
- 5-REFUGI DE COMAPEDROSA
- 6-BORDA DE LES ANGUNES
- 7-ARINSAL (FINISH)



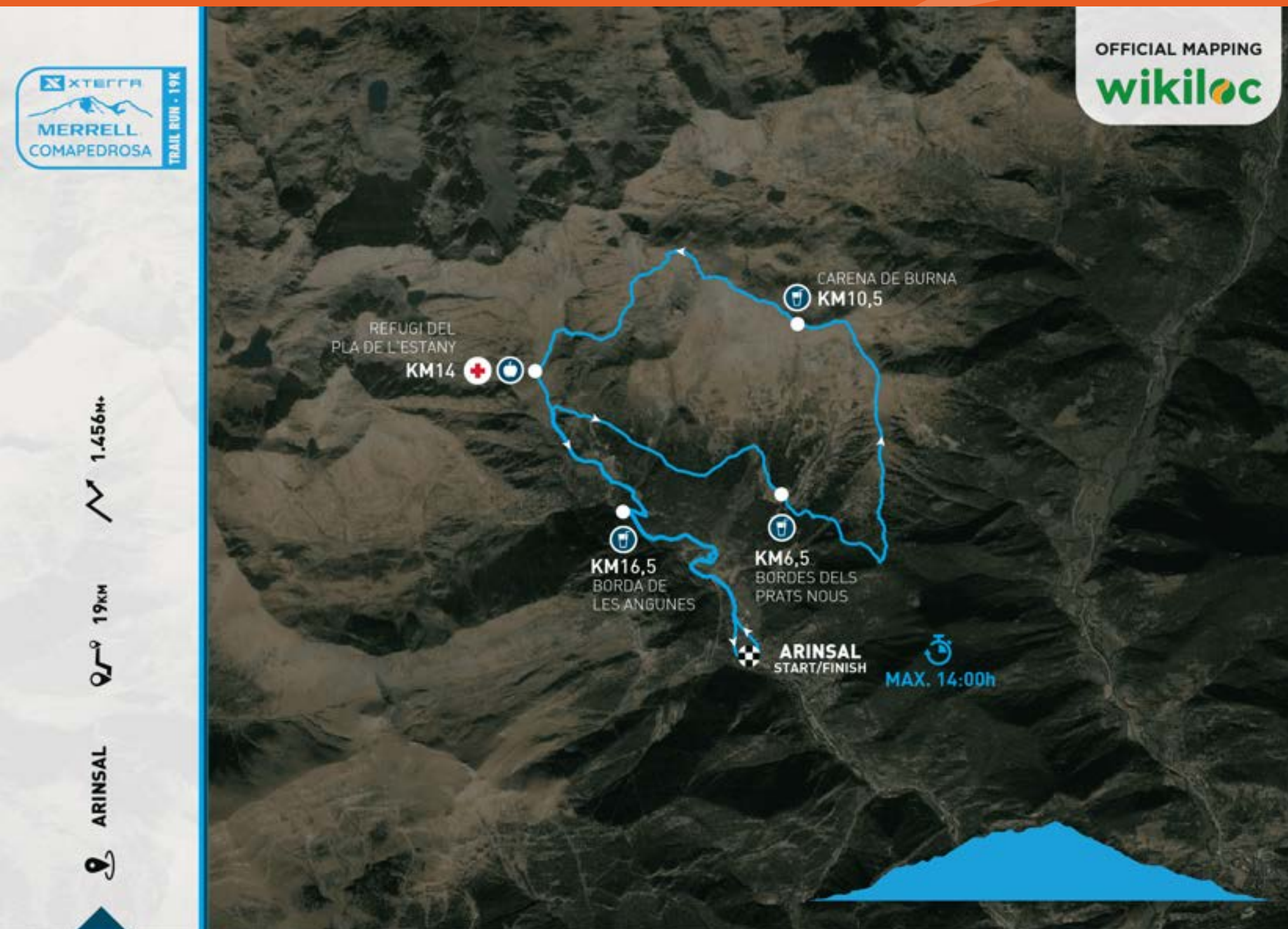
▶ ARINSAL

ARINSAL

SKYRACE COMAPEDROSA · 19K

XTEERRA
TRAIL RUN WORLD SERIES

MERRELL
COMAPEDROSA
LA MASSANA - ANDORRA
TRAIL RUN

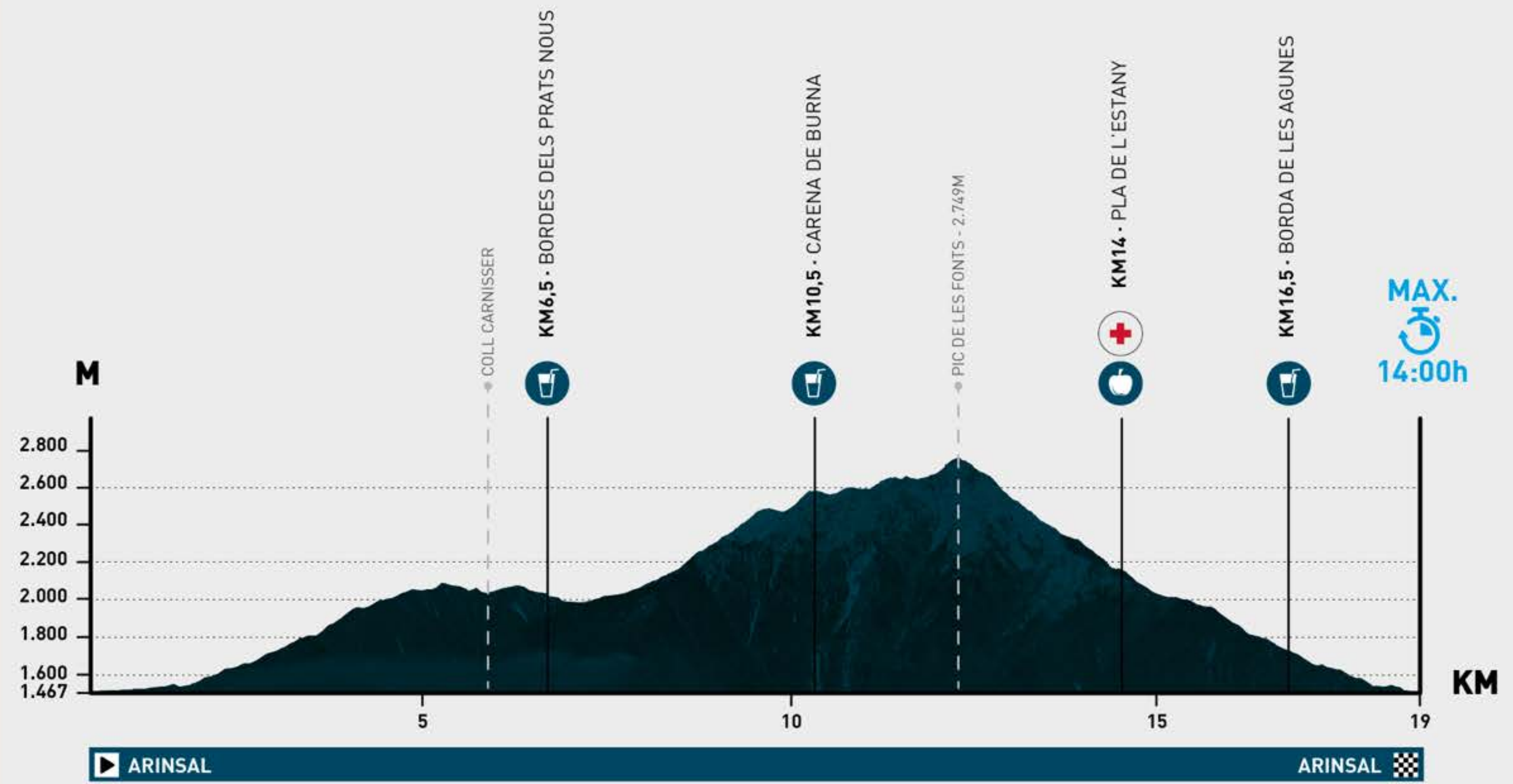


19km
1.456M+

Starting point and finish line: Arinsal (1.467m)
Highest peak: Pic de les Fonts (2.748m)

FEED ZONES

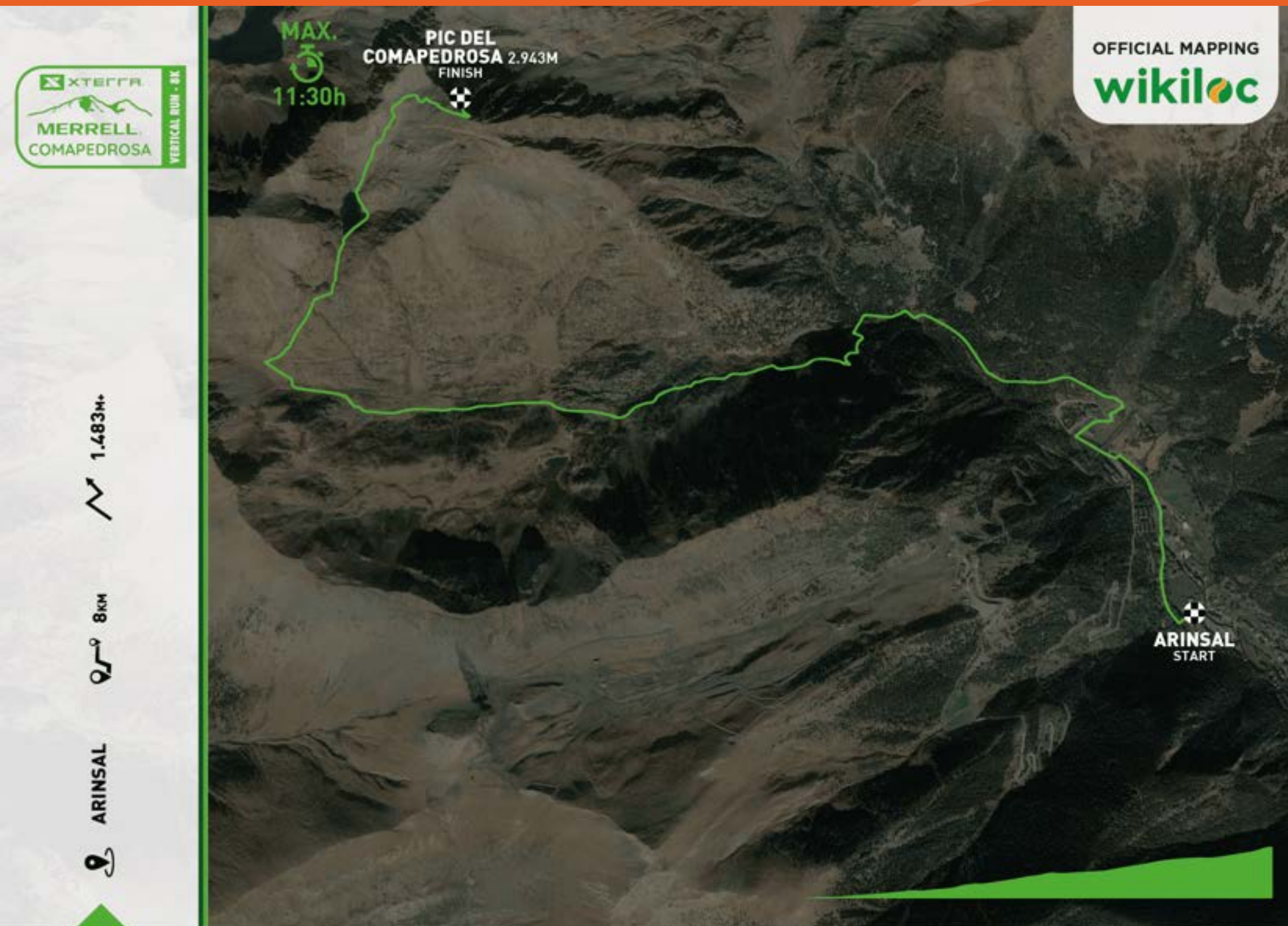
- 1-BORDES DELS PRATS NOUS
- 2-CARENA DE BURNA
- 3-REFUGI DEL PLA DE L'ESTANY
- 4-BORDA DE LES ANGUNES
- 5-ARINSAL (FINISH)



SKYRACE COMAPEDROSA • VERTICAL

 **XTEERRA**
TRAIL RUN WORLD SERIES


MERRELL
COMAPEDROSA
LA MASSANA - ANDORRA
TRAIL RUN



8km
1.483M+

Starting point and finish line: Arinsal (1.467m)
Highest peak: Pic del Comapedrosa (2.942m)

*We advise to follow the same track, as in the ascend, in order to return to Arinsal.

FEED ZONES

1-PIC DEL COMAPEDROSA
2-ARINSAL

SUPPLIES

FEED ZONES - 24K				
				
AV 1 - BORDES DE PRATS NOUS	✓			
AV 2 - CARENA DE BURNA		✓		
AV 3 - PLA DE L'ESTANY			✓	
AV 4 - COLLADA DE MALHIVERNS		✓		
AV 5 - REFUGI DE COMAPEDROSA			✓	
AV 6 - BORDA DE LES ANGUNES		✓		
ARINSAL				✓

 Water

 Water | Gels | Bananas
Sweets | Watermelon
Crackers (*)

 Water | Bars | Bananas
Xocolat | Watermelon | Sweets
Pastries | Crakers (*)

 Water | Coca-cola | Isotonic
Sweets | Bars | Fuits
Sandwich | Crakers

(*) The content of liquid and solid feed zones may vary. It is possible that not all aid stations are the same.

FEED ZONES - VERTICAL			
			
PIC DEL COMAPEDROSA		✓	
ARINSAL			✓

 Water

 Water | Gels | Bananas
Sweets | Watermelon
Crackers (*)

 Water | Bars | Bananas
Xocolat | Watermelon | Sweets
Pastries | Crakers (*)

(*) The content of liquid and solid feed zones may vary. It is possible that not all aid stations are the same.

FEED ZONES - 19K				
				
AV 1 - BORDES DE PRATS NOUS	✓			
AV 2 - CARENA DE BURNA		✓		
AV 3 - PLA DE L'ESTANY			✓	
AV 4 - BORDA DE LES ANGUNES		✓		
ARINSAL				✓

 Water

 Water | Gels | Bananas
Sweets | Watermelon
Crackers (*)

 Water | Bars | Bananas
Xocolat | Watermelon | Sweets
Pastries | Crakers (*)

 Water | Coca-cola | Isotonic
Sweets | Bars | Fuits
Sandwich | Crakers

(*) The content of liquid and solid feed zones may vary. It is possible that not all aid stations are the same.

ATYPICAL ANDORRA

Aquí seria típic posar la foto en vertical, però hem pensat que, com que així sembla més fàcil, potser t'animes a provar. O què?

Més de 400 vies d'escalada.

Here, typically, you would orient the photo vertically, but we figured that since it looks easier this way, you might want to give it a try. Right?

More than 400 climbing routes.

 **Andorra**
visitandorra.com





La Massana

L'ESTIU A LA MASSANA, MUNTANYES D'EMOCIONS



 Andorra

www.lamassana.ad
www.visitlamassana.ad

  
[@lamassana](https://www.facebook.com/lamassana)
[@visitlamassana](https://www.instagram.com/visitlamassana)

REQUIRED MATERIAL



MATERIAL A (COMPULSORY)

- Trail-type sports shoes that completely cover the foot.
- Thermal or survival blanket (minimum size 2 x 1.2 m).
- Hydration system (at least 1l).
- Backpack or equivalent item.
- Mobile phone on and not in airplane mode.
- Windproof jacket with waterproof fabric hood (at least 10,000 mm column of water) and breathable, Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with seams heat-sealed and runner-sized.
- Reservation of caloric food suitable for the route and the number and type of refreshments for the test.
- Second thermal layer of at least 180g, with long sleeves in the size of the runner.
- Long tights or pirate tights combined with camal.
- Cap, tubular or similar piece.

MATERIAL B (ACCORDING TO WEATHER FORECAST)

- Waterproof pants.
- Gloves.



24km



19km

Each runner will have to carry the mandatory equipment requested by the organization plus what he or she thinks is appropriate to withstand the conditions of the mountain and the crossing, depending on the weather and the route.

REQUIRED MATERIAL



MATERIAL A (OBLIGATORI)

- Trail-type sports shoes that completely cover the foot.
- Thermal or survival blanket (minimum size 2 x 1.2 m).
- Hydration system (at least 1l).
- Backpack or equivalent item.
- Mobile phone on and not in airplane mode.
- Windproof jacket with waterproof fabric hood (at least 10,000 mm column of water) and breathable, Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with seams heat-sealed and runner-sized.
- Cap, tubular or similar piece.



8km

MATERIAL B (SEGONS PREVISIÓ METEREOLÒGICA)

- Waterproof trousers.
- Gloves.
- Long tights or pirate tights combined with camal.
- Second thermal layer of at least 180g, with long sleeves in the size of the runner.



energianufri

Reserva Virtual

Tens més excedents d'energia fotovoltaica dels que pots compensar en la teva factura de llum?

Energia Nufri presenta.. LA RESERVA VIRTUAL

La reserva virtual és una eina que et permet guardar el valor dels excedents no compensables i aplicar-los en la següent factura que tinguis amb nosaltres, ja sigui del mateix punt de subministrament o d'un altre.



Veure vídeo
RESERVA VIRTUAL



És a dir, si tens una instal·lació Fotovoltaica en un punt on no pots compensar tot el valor dels excedents perquè no has realitzat prou consum aquell mes, podràs gaudir del descompte en la següent factura d'aquell punt o en la d'un altre punt que tinguis a Energia Nufri amb el mateix titular.

Energia Nufri, l'experiència d'un gran consumidor al teu servei, t'ofereix:

Les tarifes més econòmiques en:



LLUM



GAS

La millor assistència



SERVEIS

Canviar de companyia és molt fàcil:

Porta'ns la teva factura, t'informem del teu estalvi i ens ocupem de tots els tràmits.

O entra a www.energianufri.com, clica a l'apartat contractar i utilitza el codi: **TRAIL**



900 103 018

669 19 19 19

clientes@energianufri.com

www.energianufri.com

RESPECTEM LA NATURA



We feel passion for nature and understand outdoor sports as an expression of this feeling that pushes us to enjoy it from the **respect and commitment to the scenarios that we project in our events.**

Being aware of the sensitive environment where this sporting event takes place, we ask for the utmost respect.

- Don't throw trash on the floor
- Always pass through the marked places



TOTEEMI
Claim the land



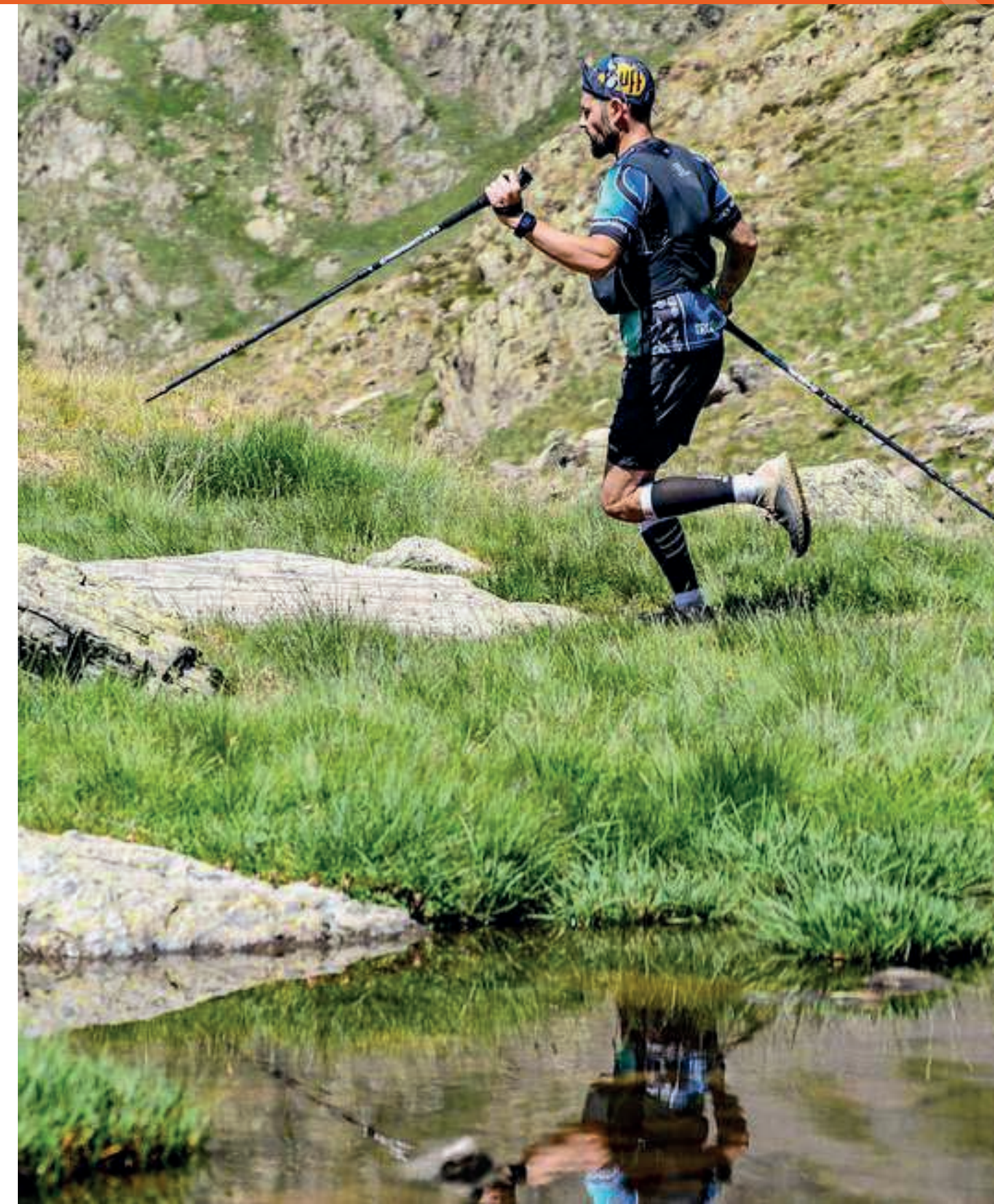
RECOMMENDED POINTS TO ENJOY THE RACE

 **XTEERRA**
TRAIL RUN WORLD SERIES

 **MERRELL**
COMAPEDROSA
LA MASSANA - ANDORRA
TRAIL RUN

FEED ZONE - ACCESS BY FEED

- Pla de l'Estany (for all the races)
- Refugi Comapedrosa (24k)





TITLE SPONSOR:



INSTITUTIONAL SPONSORS:



OFFICIAL SPONSOR:



TECHNOLOGY PARTNER:



OFFICIAL MAPPING:



SUPPORTED BY:



ORGANIZING:

