

LaTramun
SINGLETRACKMARATHON

SHIMANO

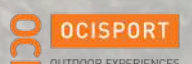
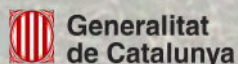
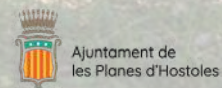
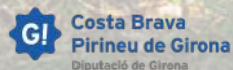
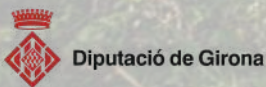
COSTA BRAVA | GIRONA

**SEA OTTER
EUROPE
GARMIN**



SEPTEMBER 21

LES PLANES D'HOSTOLES - GIRONA



EVENT DESCRIPTION

The Tramun is not just a mountain bike race. It is a high-level challenge recognized by the UCI, with an unparalleled route that combines spectacular landscapes and technical trails that test the endurance and technique of the cyclists.

Starting in Les Planes d'Hostoles and finishing in Girona, La Tramun offers 82 km with almost 3,000 meters of accumulated elevation gain. But what really makes it unique is its essence: more than 80% of the route runs on trails, consolidating it as the "singletrack marathon" par excellence.

Year after year, it attracts cyclists from all over the world. La Tramun is an international event with a local soul, combining elite sport, passion for the territory and an authentic atmosphere. In addition to the main race, La Tramun Kids and the XCC version are also held, designed for different levels and ages.

PROGRAM

SATURDAY SEPTEMBER 20

10.00 - 19.00 - Delivery of bibs at the Fontajau pavilion.

SUNDAY SEPTEMBER 21

08.00 – 9.00 - Opening of the Race Office for the collection of race numbers in Les Planes d'Hostoles

09.40 - Departure La Tramun Open

DEPARTURE LOCATION

The next edition of the Tramun Open will kick off in Les Planes d'Hostoles, the starting point of the race.

<https://maps.app.goo.gl/53ycpvkQNTVAAoxP7>



SUPPLIES

There will be cut-off points at aid stations 3 and 4. Participants who do not arrive within the established time will have to abandon the race.

SUPPLIES 1 Solid + liquid.

- Location: <https://maps.app.goo.gl/wBsHo6QWVpejKANo8>

SUPPLIES 2 Solid + liquid.

- Location:
<https://maps.app.goo.gl/HPW5EiQ4Bwb2tgTh7>
<https://maps.app.goo.gl/J5SUYnHJxaLo9TzF8>
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SUPPLIES 3 Solid + liquid.

- Location: <https://maps.app.goo.gl/MN3yHmBLtLC8QyZR6>
- Cut-off points:** 2:30 p.m.

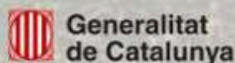
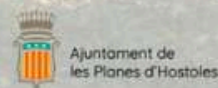
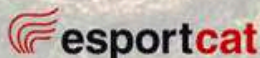
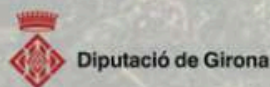
SUPPLIES 4 Solid + liquid.

- Location: <https://maps.app.goo.gl/1eiwoVGHaWopiMXm9>
- Cutoff points:** 3:54pm

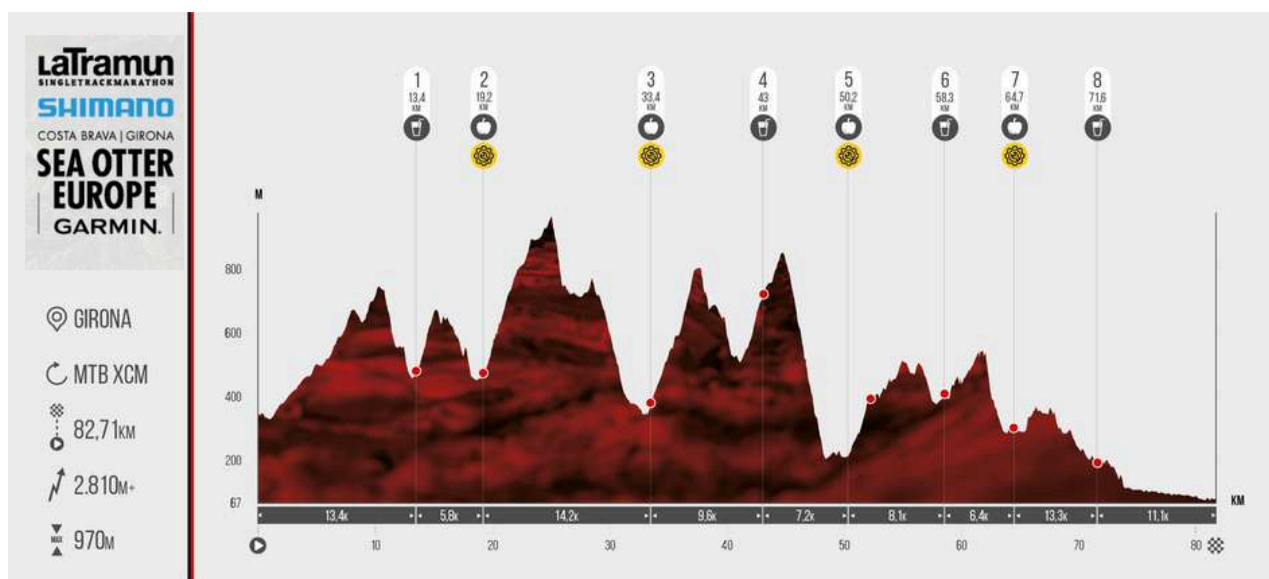
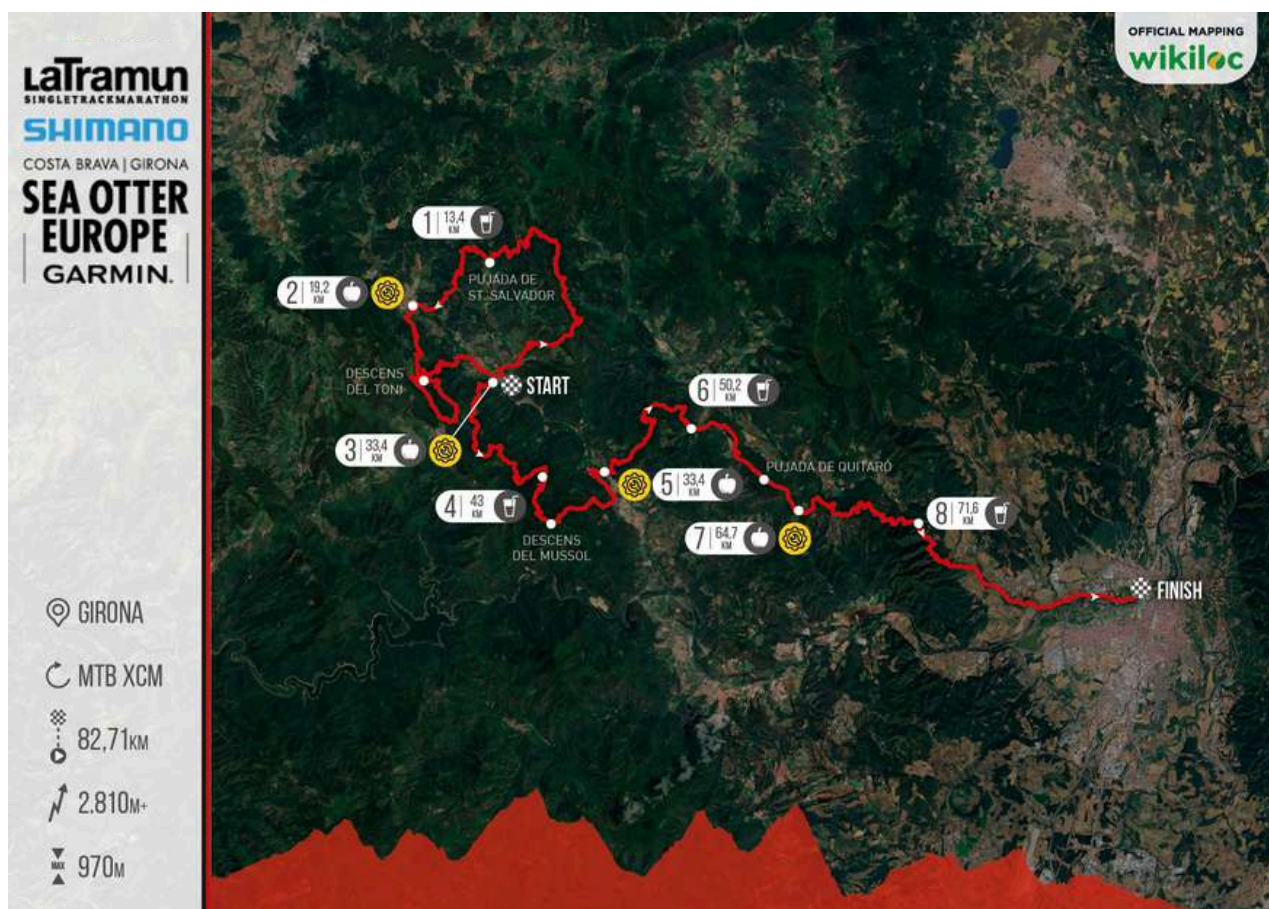
NON-COMPETITIVE TEST

It is very important that all participants are aware that the race takes place on roads with open traffic. This means that cyclists must respect traffic rules and road signs at all times, as well as the instructions of traffic officers and organization staff.

The fact that the event is non-competitive does not exempt participants from complying with traffic regulations. Respecting traffic regulations is essential to guarantee the safety of all participants, the public and drivers who share the road. Collaboration and individual responsibility are key to enjoying the event in complete safety and without incident.



TRACK LA TRAMUN



OPEN PARTICIPATION

Participation in the OPEN mode is designed so that anyone interested can take part in the race, even if they do not have an annual federation license. In this case, there are two options:

1. With a valid federation license Participants who already have an annual license issued by the corresponding federation can register directly, without the need for additional procedures. This license includes insurance coverage and the sports validation necessary to participate in official events.
2. Without a federated license Those participants who do not have an annual license can purchase a day license. This temporary license is valid only for the day of the race and guarantees both insurance coverage and official recognition to be able to participate. It is a practical option for occasional participants or for those who want to try the experience before joining the federation annually.

Route

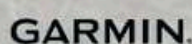
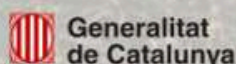
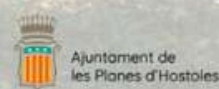
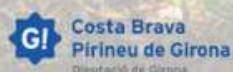
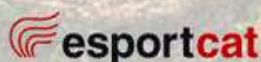
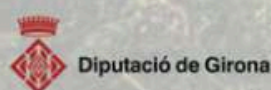
Participants in the OPEN category will complete the same circuits and distances as participants in the PRO category, intended for federated athletes who are regular competitors.

DINING AREA OPERATION

On the occasion of the Tramun Open, all participants will receive a plate of paella or fideuà at the end of the race.

This lunch is exclusive to runners: each participant will be given an identification bracelet at the race office, which will be essential to collect the meal.

The meal will take place within the Sea Otter Europe environment, in an atmosphere of coexistence and celebration, and the awards ceremony will also take place in the same space.



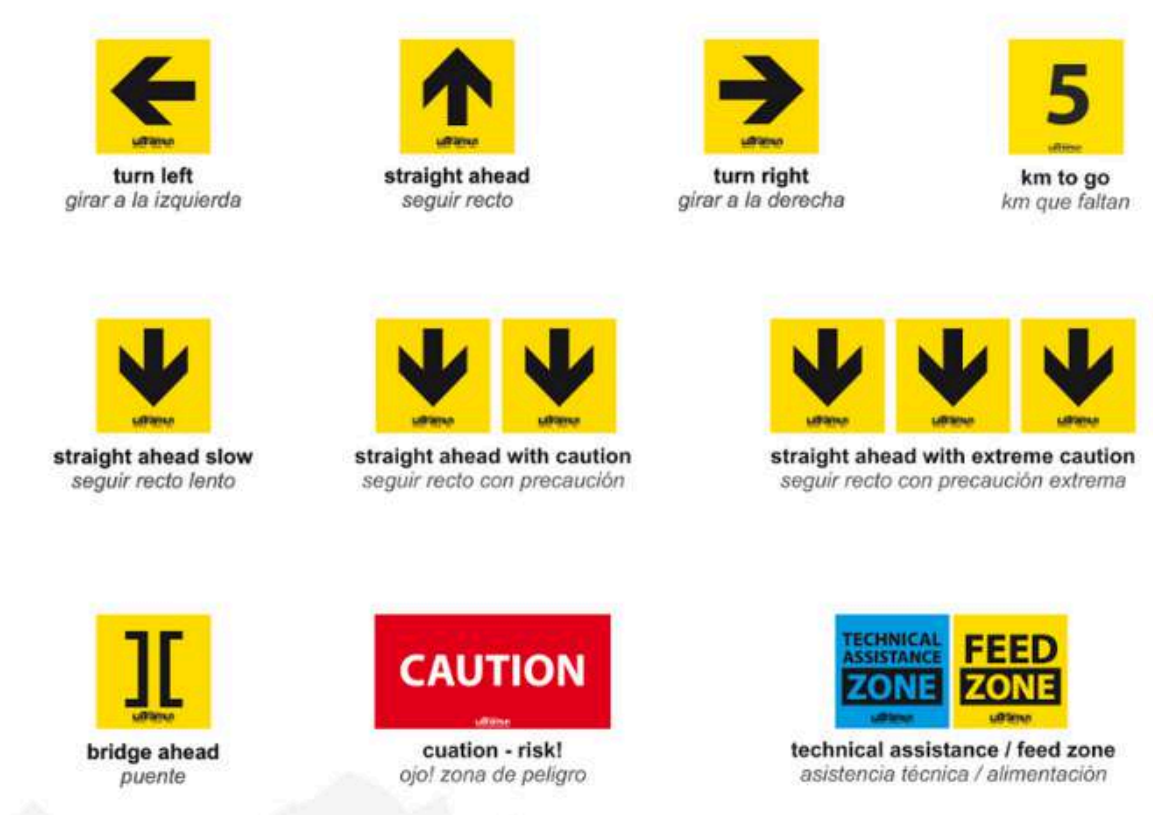
TRANSPORT SERVICE GIRONA - LES PLANES D'HOSTOLES

On the day of the race there will be a shuttle bus that will leave Girona at 7:30 am in the morning towards Les Planes d'Hostoles.

It is very important to remember that all participants who want to use this service must be at the departure point at 7:00 a.m., in order to load all the necessary material in time.

The bus seat can be reserved at the race office when collecting the race number, at a cost of €12 per person.

MARKING



ADDITIONAL INFORMATION

REFERRAL HOSPITAL

Hospital: Doctor Josep Trueta Avinguda de França, S/N,
17007 Girona Open 24 Hours Phone:(+34) 972940200

EMERGENCY CONTACT

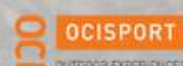
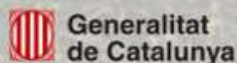
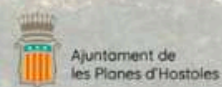
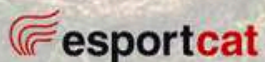
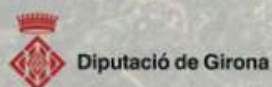
Organization: +34 606 25 30 05

+34 650 64 05 65

Emergencies: 112

ORGANIZATION

Contact email: hola@ocisport.net



WITH COLLABORATION



Diputació de Girona



Generalitat
de Catalunya



Costa Brava
Pirineu de Girona
Diputació de Girona



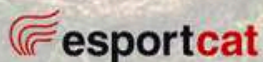
Ajuntament de
les Planes d'Hostoles



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Diputació de Girona



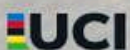
Costa Brava
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Ajuntament de
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