

LaTramun
SINGLETRACKMARATHON

SHIMANO

COSTA BRAVA | GIRONA

SEA OTTER
EUROPE
| **GARMIN** |



RACE BOOK

LA TRAMUN SEA OTTER EUROPE
GIRONA, ESP

SUNDAY, 21.09.2025

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01 SCHEDULE

HERO UCI MARATHON RACE SCHEDULE

Friday, September 19th

9:00 AM – 07:00 PM Paddock assembly

9:00 AM – 05:00 PM Unofficial Training on signed race route

Saturday, September 20th

9:00 AM – 07:00 PM Paddock assembly

9:00 AM – 05:00 PM Unofficial Training on signed race route

10:00 AM – 07:00 PM Bib Pick up at Fontajau Pavillion

05:00 PM Team Manager Meeting at Fontajau Pavillion

Sunday, September 21st

06:30 AM Shuttle service from Sea Otter Europe to the start
at Les Planes d'Hostoles

8:00- 9:00 AM Bib Pick up at Les Planes d'Hostoles

9:30 AM START HERO UCI MARATHON WORLD CUP

01:30 PM Arrival Elite Men at Sea Otter Europe

02:30 PM Arrival Elite Women at Sea Otter Europe

03:00 PM Official Prizegiving Ceremony La Tramun – Girona at Sea Otter Europe

03:15 PM Official Overall HERO UCI Marathon World Cup Prizegiving Ceremony
at Sea Otter Europe

04:00 PM Press Conference at Fontajau Pavillion

*Schedule is subject to change

02 CONTACTS

02.1 SERIES AND LOCAL ORGANISER CONTACTS

HERO UCI CROSS-COUNTRY MARATHON WORLD CUP

Chairman: Gerhard Vanzi gerhard.vanzi@heroucimarathonworldcup.com

Managing Director: julia.karbon@heroucimarathonworld.com

Marketing & VIP Hospitality: elena.runggaldier@heroucimarathonworldcup.com

UCI & Race Organisation: alexandra.ploner@heroucimarathonworldcup.com

Registration: registration@heroucimarathonworldcup.com

Press: press@heroucimarathonworldcup.com

HERO UCI Cross-Country Marathon World Cup: info@heroucimarathonworldcup.com

LOCAL ORGANISER CONTACTS

Managing Director: Albert Balcells albert@ocisport.net

Núria Bagó (Ocisport) nuria@ocisport.net

Àlex Morros | Seaottereurope sponsorship@seaottereurope.com

Marc Miravalles mmiravalles@ocisport.net

Other enquiries: hola@ocisport.net

02.2 WEBSITES AND SOCIALS

HERO UCI CROSS-COUNTRY MARATHON WORLD CUP

Website: www.heroucimarathonworldcup.com

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

Facebook: [HERO UCI Marathon World Cup](https://www.facebook.com/HERO-UCI-Marathon-World-Cup)

Youtube: [@heromtbtv](https://www.youtube.com/channel/UC-heromtbtv) [HERO TV](https://www.youtube.com/channel/UC-HERO-TV)

LOCAL ORGANISER CONTACTS

Website: <https://www.seaottereurope.com>

Instagram: [@seaottereurope](https://www.instagram.com/seaottereurope) and [@latramun](https://www.instagram.com/latramun)

03 RACE ENTRIES

03.1 Rider Registration

All registrations for HERO UCI Cross-country Marathon World Cup categories will need to be made through <https://onreg.datasport.com/en/hero-series-uci-worldcup-2025>
No late entries will be accepted.

DEADLINE FOR ENTRIES IS 01:00 PM (13:00) CET FRIDAY, 12 September 2025.

OPEN RACING: Licenced Master and hobby riders can register on
<https://bikemarathonbtt.com/inscripciones/>

03.2 RACE LICENCES

All riders must hold a valid (in date) UCI licence issued by their National Federation

03.3 ENTRY FEES

HERO UCI Cross-Country Marathon World Cup: € 150.00

Open Marathon: Variable (please refer to the [Marathon CUP BTI](#) website)

03.4 RIDER CONFIRMATION & PLATE COLLECTION

Saturday 20th of September 10:00 AM – 19:00 PM: Bib Pick up at [Fontajau Pavillion](#)

Rider confirmation for the Élite category and U23 men/women:

Sunday 21st of September 2025 8:00-9:00 AM Bib number's pick up at [Les Planes d'Hostoles](#)

03.05 INSURANCE

Personal insurance coverage is not provided by the Organisers. Insurance is normally provided with the licence purchase.

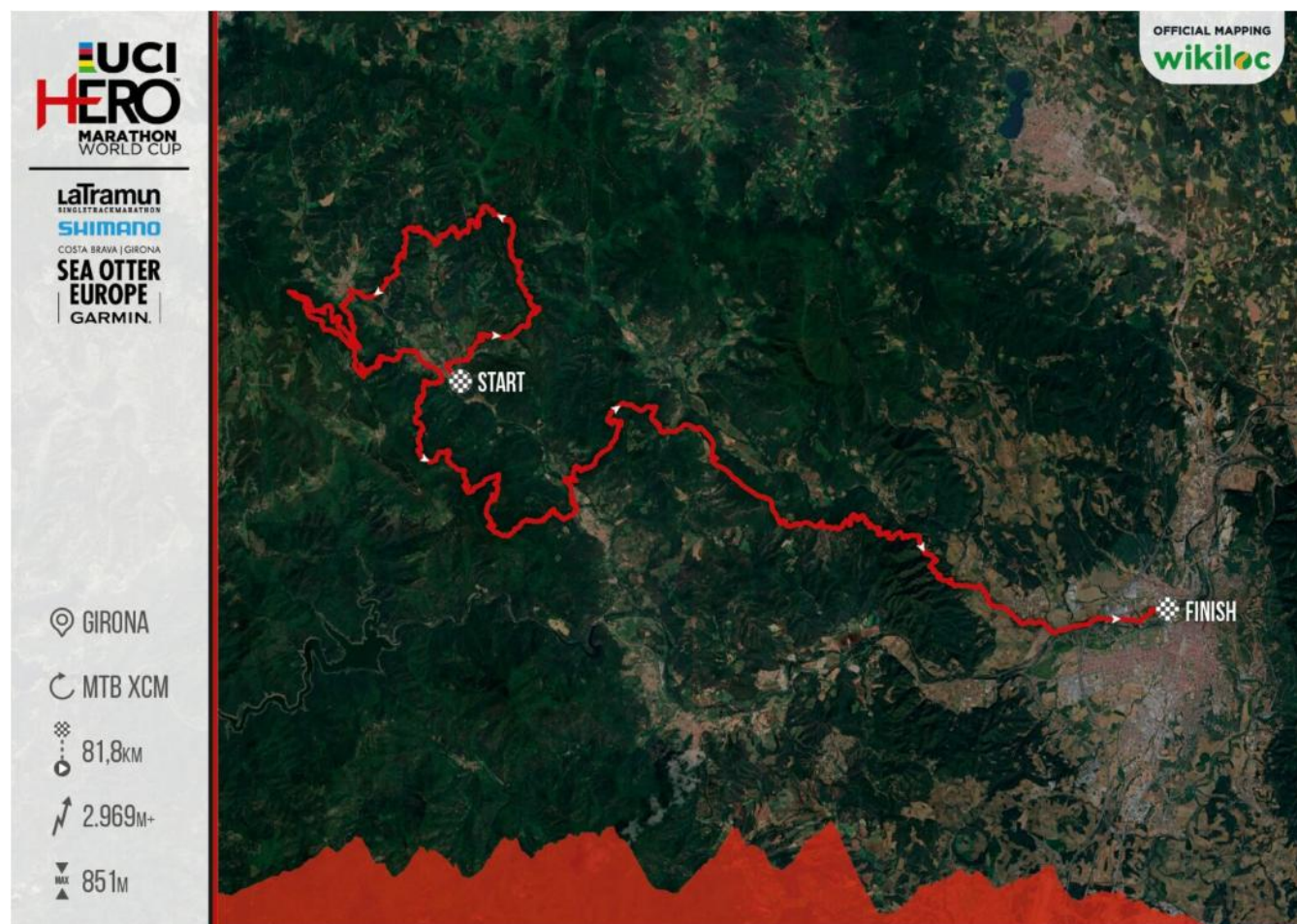
Entry fee insurance can be purchased during the registration process.

03.06 DISCLAIMER AND LIABILITY RELEASE

Racers voluntarily assume full and complete responsibility for all risks associated with participating in the Event and for any injury, accident or damage that may occur during their participation in the Event, including by way of example and not limitation: (a) travelling to and from the Event; (b) falls; (c) mechanical failures of equipment; (d) collisions with other participants, spectators and fixed or moving objects; (e) the effects of weather, including temperature extremes; (f) use of chairlifts, gondola or shuttle vehicles; (g) traffic accidents; (h) trail and road conditions; and (i) the negligence of themselves and/or others

04 RACE LOGISTICS

04.1 CROSS-COUNTRY MARATHON COURSE MAP



[Map and GPS ROUTE](#)

82 km with 2,969 HM

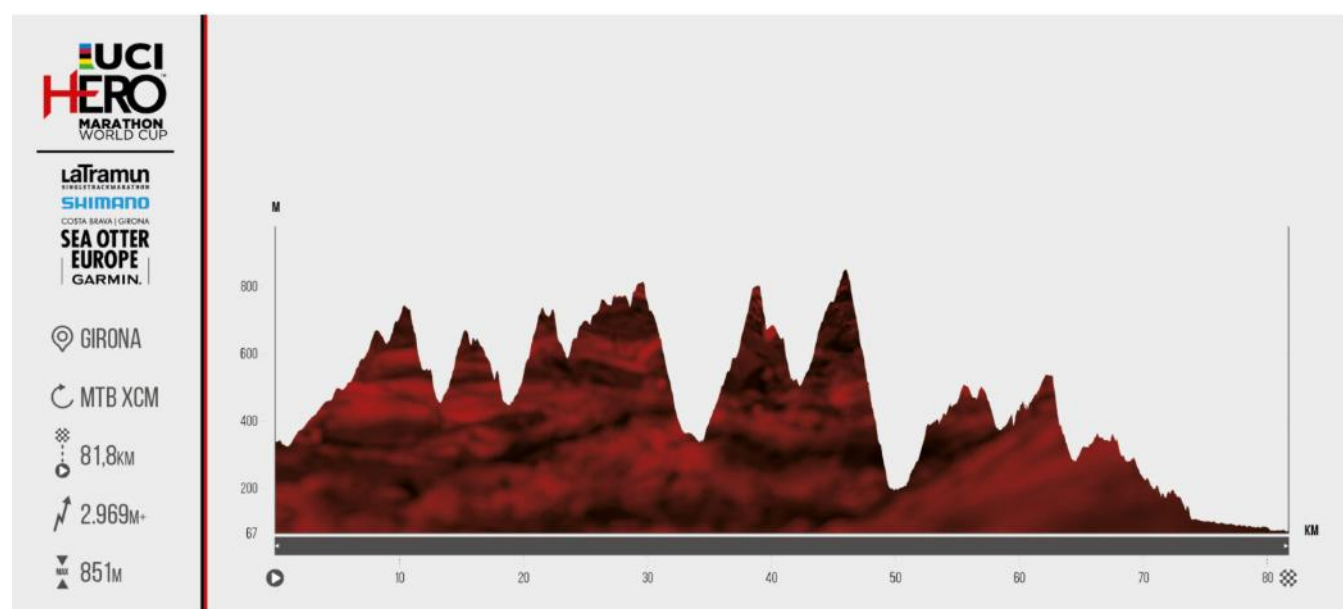
The event offers a spectacular track, marked by the huge number of trails it crosses. The trails are the main protagonists of the route and turn the event into a test of the rider's physical condition and technical skills. This is a world-class race, an invitation to enjoy mountain biking at its purest. And all this with the added bonus of pedalling over a landscape of extraordinary beauty; an open postcard that allows you to contemplate nature in a majestic state.

The course offers a demanding and spectacular route, only suitable for those looking for an authentic mountain bike experience. It is 82 km with 2,969 meters of positive elevation gain and 3,125 of descent, on a route that stands out for its beauty and technical intensity.

The start starts in Les Planes d'Hostoles and, after crossing the heart of La Garrotxa, the finish culminates in Girona, at the Fontajau pavilion. The route includes tough climbs, such as the Sant Salvador climb, and legendary descents such as the Mussol or the Criterion. All of this, surrounded by forests, rocks, streams and trails that connect you to the wildest nature. More than 80% of the route is singletrack, a clear commitment to a way of understanding mountain biking as a technical, authentic adventure committed to the territory. Tramun doesn't just test you: it leaves its mark on you.

The finale at Sea Otter Europe is the perfect culmination for riders who will arrive at one of the most important cycling festivals in the world.

PROFILE



04.2 TRAINING

Training on the signed course can be made on **Friday, 19th and Saturday, 20th September from 9 am to 5 pm** at the riders' own risk. There are no marshals or medical cover.

04.3 Timing & GPS Tracking

Timing system: ENDU/OCISPORT

GPS Trackers will be given to selected riders.

Racers must carry their timing chips on their bike.

Timing chips will be with your race number.

Live Timing and Live GPS Tracking available on www.heroucimarathonworldcup.com

04.4 TV Operations

Drone and camera operatives using E-Bikes and motorbikes will be operational throughout the race.

They will not interfere with the race in any way.

04.5 Feed Zones and Technical Assistance Zones

The race is divided into 4 refreshment points, all of which are accessible as a technical area for the teams.



1. LIQUID + SOLID feed zone

point, **km 18** of the race: – GPS data: 42°24'05.9"N 1°32'43.0"E

[42°24'05.9"N 1°32'43.0"E - Google Maps](#)



2. LIQUID + SOLID feed zone

KM 33 of the race:

GPS DATA: 42°03'08.7"N 2°32'39.3"E

Link maps: <https://maps.app.goo.gl/J5SUynHJxaLo9TzF8>



3. LIQUID + SOLID feed zone

KM 51 of the race:

GPS DATA: 42°01'08.8"N 2°35'37.8"E

Link Maps: <https://maps.app.goo.gl/oSL4d5JQna76r8c87>



4. LIQUID + SOLID feed zone

KM 64 of the race:

GPS DATA 42°00'43.7"N 2°40'28.9"E

Link Maps: <https://maps.app.goo.gl/fntCYN4HXkLlMEbh7>



Tech & feed areas will be clearly signposted and numbered; they are closed to the public and only authorized personnel will be admitted. Technical assistance is allowed in the provided technical zones only, in boxes out of the race course in order not to hamper the competitors. Bicycle spare parts and tools for the bikes must be put down in the technical assistance zones. In each zone, feeding and technical assistance can be done.

In addition to the technical assistance in the provided technical zones, technical assistance is allowed outside of these zones between competitors belonging to the same team or same representation. The competitors can carry tools and spare parts with them as long as these do not pose any danger to themselves and to others.

05 START & RESULTS

05.1 START LIST

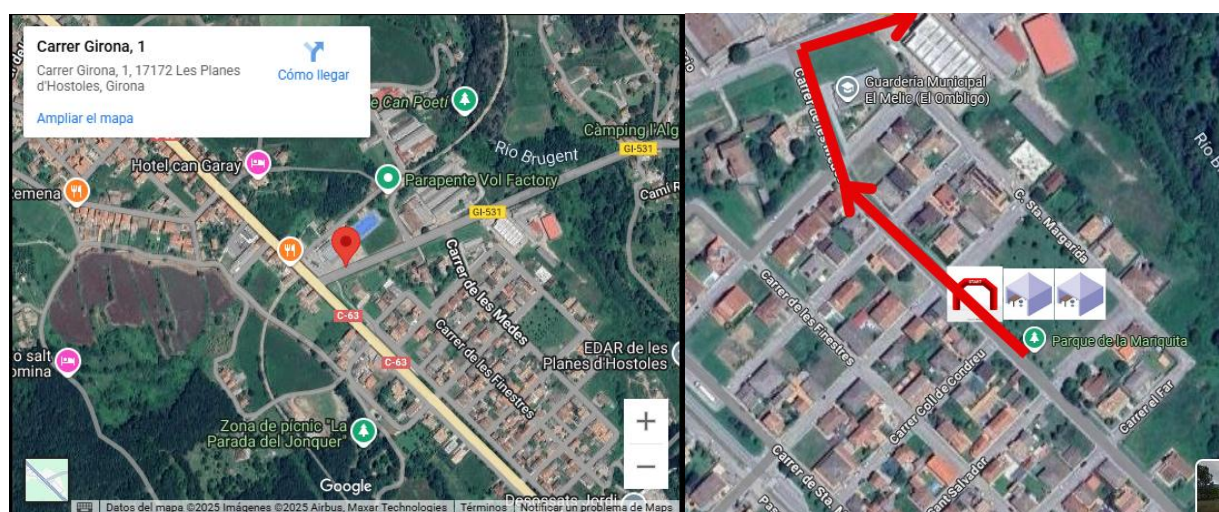
The start list will be published on www.heroucimarathonworldcup.com and on [Datasport](https://www.datasport.com).

05.2 START

9:30 AM Start of round #5 of the HERO UCI MARATHON WORLD CUP LA TRAMUN – SEA OTTER EUROPE

The start will take place in the municipality of **Les Planes d'Hostoles**.

GPS DATA: 42°03'12.8"N 2°32'52.2"E



Warm Up zones will be made available to the first 10 male and female riders on the Startlist. The Call Up will concern the first 7 male and female riders on the Startlist.

Transportation

Participants can book transportation from the Finish at the SEA OTTER Europe Festival Venue to the start in LES PLANES on Sunday, 21 September during the registration process at the cost of 12 €.

Departure time 6:30 am.

Participant pickup: Fontajau Pavillion (Sea Otter Europe, Girona)

05.3 LIVE TIMING & RESULTS

Race feed and Live Timing will be made available on the HERO UCI Marathon World Cup Website.

The results will be published on the home of the HERO UCI Marathon World Cup Website.

05.4 UCI MTB XCM POINTS

The following UCI MTB XCM points will be awarded to Elite Riders for each position from 1st to 60th in the respective general classification:

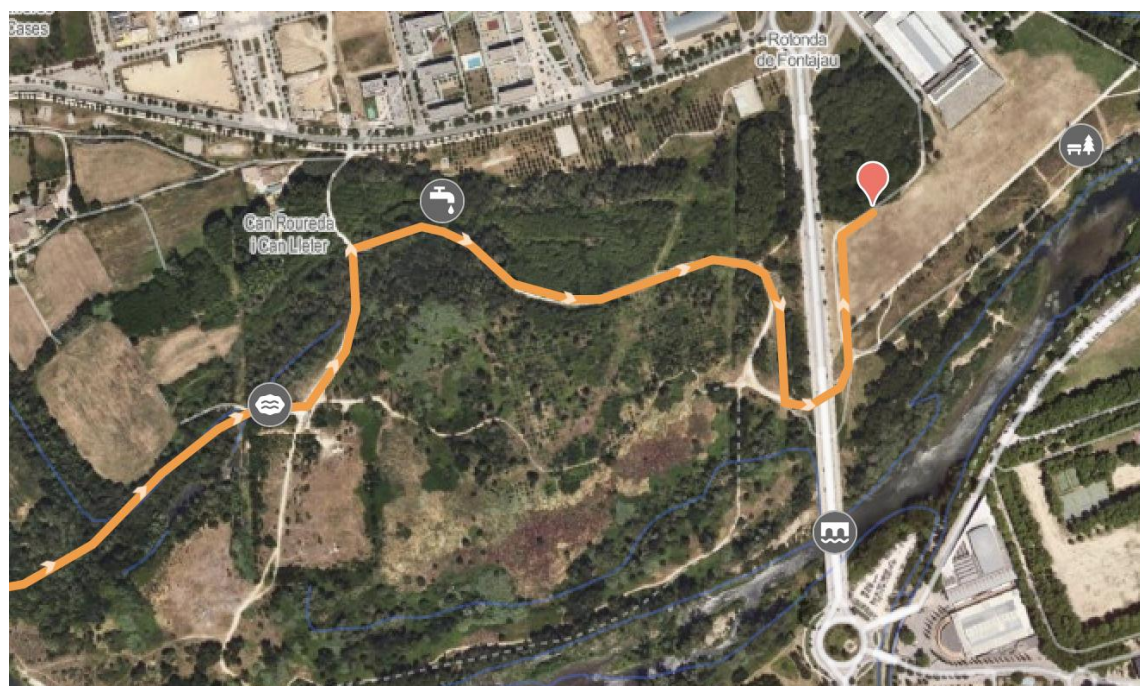
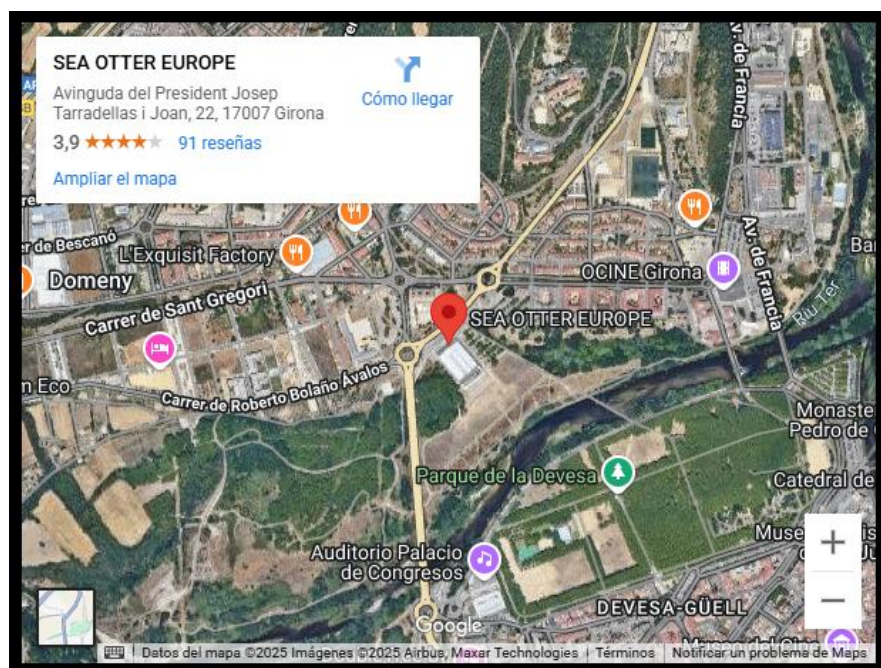
250 1st place	74 16th place	44 31st place	22 46th place
200 2nd place	72 17th place	42 32nd place	21 47th place
160 3rd place	70 18th place	40 33rd place	20 48th place
150 4th place	68 19th place	38 34th place	19 49th place
140 5th place	66 20th place	36 35th place	18 50th place
130 6th place	64 21st place	34 36th place	17 51st place
120 7th place	62 22nd place	32 37th place	16 52nd place
110 8th place	60 23rd place	30 38th place	15 53rd place
100 9th place	58 24th place	29 39th place	14 54th place
95 10th place	56 25th place	28 40th place	13 55th place
90 11th place	54 26th place	27 41st place	12 56th place
85 12th place	52 27th place	26 42nd place	11 57th place
80 13th place	50 28th place	25 43rd place	10 58th place
78 14th place	48 29th place	24 44th place	9 59th place
76 15th place	46 30th place	23 45th place	8 60th place

05.4 FINISH

Arrival location: **Sea Otter Europe Festival Venue**

GPS DATA: 41.988884, 2.810387

LINK MAPS: <https://maps.app.goo.gl/eiVSZq7QbxmLxKV8>



The **Official Prizegiving Ceremony of the La Tramun race** will take place directly after the arrival of the top 3 Women, approximately at 3 pm at the Finish Area. The winner, the second and the third placed riders shall be ready for the ceremony that shall be conducted under the responsibility of the chief of the commissaries panel.

The **presence of the first three finishers** (women and men) **is mandatory** at the award ceremony.

The **Overall Prizegiving ceremony for the 2025 HERO UCI Marathon World Cup** will take place right after the Official Prizegiving Ceremony of the La Tramun race at approximately 3:15 PM at the Finish Area.

The **final HWC Press Conference** will take place at 04:00 PM at Fontajau Pavillion.

The **presence of the first three overall winners** (women and men) of the HERO UCI Marathon World Cup **is mandatory** at the HWC Press Conference.

05.5 PRIZE MONEY

Cash prizes are provided for the first ten positions in the overall Elite classification.

XCM
1'500 €
1'200 €
900 €
750 €
600 €
450 €
375 €
300 €
150 €
75 €
6'300 €

Cash payments should be requested by filling out this form:

<https://www.heroucimaronworldcup.com/cash-prize-payment-form>

Cash payments for the overall HERO UCI Marathon Ranking can be requested through the same online form by filling out the "General World Cup Classification" box.

Prizes for individual races will be awarded in accordance with UCI regulations and issued via bank transfer. The presence of the top three finishers in each stage's ceremony is mandatory.

Race prizes (cash and in nature) will only be awarded and handed over to athletes who are present.

06 RULES

06.1 RACE RULES

The event will be under UCI rules and the regulations of the La Tramun Seaotter Europe.

Press conference: At the request of the organiser, the three best placed riders in the event and the leader in the world cup standings must attend the press conference

Littering is strictly prohibited. No on-board cameras permitted.

The number and the chip, provided by the Organisation, has to be fixed to the handlebars and on the back of the participant in a clearly visible manner. The number cannot be modified or changed in any way.

Bikers must wear a hard safety approved helmet which must be kept fastened throughout the race.

All bikers must carry with them a puncture kit.

Bikers are required to move aside to allow faster bikers to overtake.

Participants who quit the race have to give such communication to the Organisation and hand the number back to the next security controller along the route.

It is severely prohibited to use any form of electric or electronic support on the bike itself.

06.2 DOPING CONTROL

All riders entered into the event must comply with all Anti-Doping regulations and procedures if asked to do so. Failure to do so will result in disqualification from that event and further penalisation as deemed appropriate by WBDS.

WBDS will follow all ITA rules, protocols and procedures. It is the responsibility of all riders, teams, coaches to read and follow all advice and documents provided by ITA.

The riders must adhere to the UCI and ITA Antidoping rules.

07 UCI MTB TEAMS

07.1 UCI MTB MARATHON TEAM BENEFITS

These benefits are exclusively available to UCI MTB Marathon Teams registered with the UCI:

- Paddock Space: Allocation of 30 m² for all HERO UCI Marathon World Cup races upon request at least one month before each stage via Alexandra.ploner@heroucimarathonworldcup.com. Additional square meters can be requested for 20,00 Euro per m².
- Team Standings: Inclusion in the HERO UCI Marathon World Cup Team standings, with the top-performing teams earning the opportunity to become an Elite Team in 2026.

A UCI marathon team standing is calculated by adding the points of the 4 best placed men and the 4 best placed women of each UCI MTB TEAM in the UCI XCM individual ranking.

07.2 FINISH AREA ACCESS

- Accreditation Passes: 1 Start/Finish Area accreditation passes per team, to be requested online through the accreditation platform on the [official website](#).
- 1 Start/Finish Area accreditation pass for social media per UCI team, also to be requested online via the same platform.

Team Accreditation can be collected at the Race Office at [Fontajau Pavillion](#).



Please note: For non-UCI teams, one team member of the first three finishers will be granted access to the finish area.

08 VENUE LOGISTICS

08.1 Venue Map

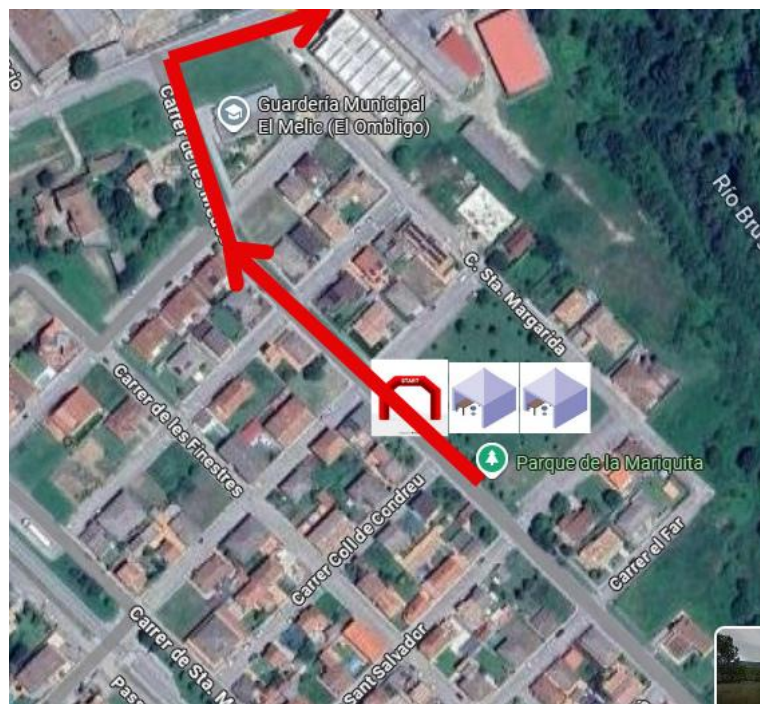


Address: Fontajau Pavillion & Surroundings – Girona, Spain

Sea Otter Europe 2025 will once again take place in Girona, with the central venue located at the **Fontajau Pavillion** and its surrounding area. The festival grounds are just a short distance from the historic city center of Girona and are easily accessible by car, train, or bicycle.

The location offers an ideal setting for both the exhibition area and the various sporting events, combining excellent facilities with the unique atmosphere of one of Europe's most cycling-friendly cities.

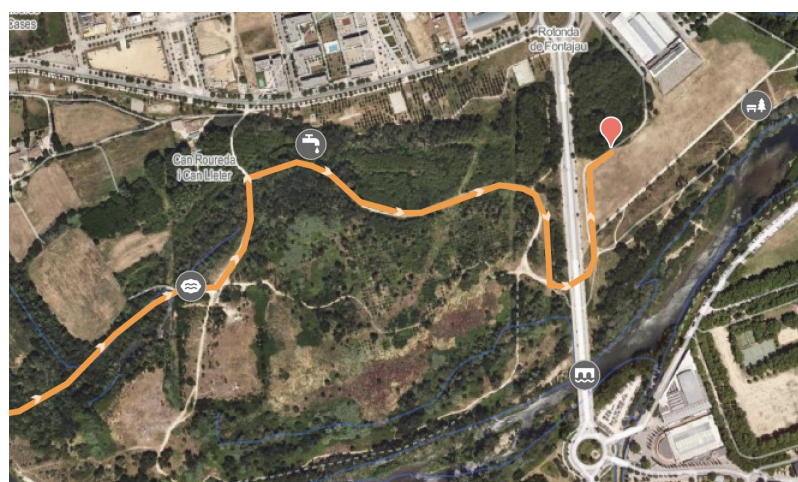
START RACE – LES PLANES D’HORTOLES



GPS DATA: 42°03'12.8"N 2°32'52.2"E

LINK MAPS: <https://maps.app.goo.gl/tNBaNQvyNSVXyD7h6>

FINISH RACE – FONTAJAU PAVILION



GPS DATA: 41.988884, 2.810387

LINK MAPS: <https://maps.app.goo.gl/eiVSZq7QbxmLxKV58>

08.2 TRAVEL/TRANSPORTATION

How to get there

By Air

The closest airports to Girona are:

Girona-Costa Brava Airport (GRO): Only 12 km from the city center. Direct flights from several European cities.

Barcelona-El Prat Airport (BCN): About 100 km away (1h 15m by car or train). Offers a wide range of international connections.

Perpignan-Rivesaltes Airport (PGF, France): Around 100 km from Girona (1h 15m by car).

By Train

Girona is well connected by train:

High-speed AVE/AVLO services connect Girona with **Barcelona (38 min)** and **Madrid (3h 30m)**.

Regional trains also run frequently between Barcelona and Girona.

The train station is located in the city center, just a few minutes from the festival venue.

By Car

From **Barcelona:** approx. 1h 15m (100 km) via the AP-7 motorway.

From **Lleida:** approx. 2h 30m (220 km) via the C-25 (Eix Transversal).

From **Perpignan (France):** approx. 1h 15m (100 km) via the AP-7 motorway.

By Bus

Multiple bus companies offer routes to Girona:

From **Barcelona Airport and City Center** with direct connections (around 1h 30m).

From other Spanish and French cities with regional and international bus operators.

Local Transportation

Once in Girona, the **Fontajau Pavilion (festival venue)** is easily accessible:

5 minutes by car from the city center.

15 minutes by bike via the cycling paths along the Ter River.

Local buses and taxis are also available.

08.3 ACCOMMODATION

Hotel Carlemany Girona – Centrally located, close to the train station.

DoubleTree by Hilton Girona – Modern hotel, 10 minutes from the festival grounds.

Hotel Ultonia Girona – Walking distance to the old town and cycling-friendly.

Hotel Nord 1901 Superior – Boutique hotel in the historic center.

Ibis Girona Costa Brava – Affordable option near Fontajau Pavilion.

08.4 PARKING

Sea Otter Europe by Garmin 2025 provides several parking options around the **Fontajau Pavilion and festival grounds** in Girona.

- **Main Parking Areas:** Designated parking zones will be available near the venue, all within walking distance of the exhibition area.
- **Additional Parking:** Extra parking areas will be signposted in the surroundings of the venue to accommodate visitors during peak hours.
- **Cycling Access:** As a cycling festival, we strongly encourage visitors to arrive by bike whenever possible. Secure **bike parking areas** will be available at the venue.

Recommendation: Parking spaces can fill up quickly during the busiest hours of the festival. We suggest arriving early to ensure availability and to make the most of your visit.

08.5 WATER & WASTE MANAGEMENT

Please use the bins provided. Each team is responsible for their own waste

08.6 BIKE WASH

Hoses upon arrival for washing

08.7 LUNCH ON ARRIVAL

Free for all participants.

08.8 SHOWERS & TOILETS ON ARRIVAL

Runners will have access to the facilities of the pavilion.

08.9 RESTAURANTS

During **Sea Otter Europe by Garmin 2025**, visitors will find a wide variety of **food trucks and catering options directly inside the festival grounds**, offering everything from quick snacks to full meals, with choices to suit all tastes and dietary needs. There will be more than enough food available throughout the event, so you can enjoy your meal without leaving the venue.

09 MEDICAL

09.1 Hospitals

In case of emergency during **Sea Otter Europe by Garmin 2025**, visitors will have access to on-site medical assistance at the festival venue. In addition, Girona has several hospitals and medical centers located very close to the event grounds:

Hospital Universitari de Girona Dr. Josep Trueta – Avinguda de França, s/n. Main public hospital in Girona, located less than 10 minutes from the festival venue.

Hospital Santa Caterina – Parc Hospitalari Martí i Julià, Salt. Regional hospital, approximately 15 minutes from the venue.

Hospital Clínica Girona – Carrer Joan Maragall, 26. Private hospital located in the city center, about 10 minutes from the venue.

10 USEFUL INFORMATION

10.1 Useful Information

Race Info

www.heroucimarathonworldcup.com

Live Timing and Live Tracking of the race

www.heroucimarathonworldcup.com

HERO UCI Marathon World Cup App

[GOOGLE PLAY](#)

[APP STORE](#)

Seaotter Europe App

[GOOGLE PLAY](#)

[APP STORE](#)

Tourism Info

<http://www.visitgirona.com>

10.2 PRESS ACCREDITATION

Press accreditation can be requested through the HERO UCI Marathon World Cup Website: <https://www.herouciamarathonworldcup.com/media-accreditation>.

The accreditation can be picked up at the race office.

SEE YOU AT THE RACE!

FOR ANY QUERIES,
PLEASE CONTACT US AT
HOLA@OCISPORT.NET