

RUNNER AND COMPANION GUIDE

2025



COSTA DAURADA

MUNTANYES DE
PRADES

EPIC TRAIL



organize:



With the support of:



AJUNTAMENT
DE PRADES



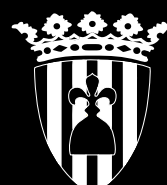
AJUNTAMENT
DE LA FEBRÒ



AJUNTAMENT DE
MONT-RAL



AJUNTAMENT DE
L'ESPLUGA DEL
FRANCOLÍ



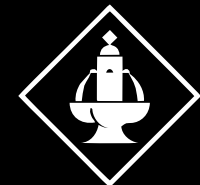
AJUNTAMENT
DE MONTBLANC



AJUNTAMENT DE
VIMBODÍ I POBLET



AJUNTAMENT
DE VILAPLANA



AJUNTAMENT
DE CAPAFONTS

Organize:



Official Supplier:



Technical partner:



Official mapping:



Collaborate:



BODEGAS
TOTÓ MARQUÉS



Collaborating entities:





COSTA DAURADA

ÉS EL LLOC, ÉS LA SEVA GENT

**ÉS EL SEU PAISATGE
ÉS LA SEVA GENT**



COSTA DAURADA

ÉS EL LLOC, ÉS LA SEVA GENT

**ÉS LA SEVA PLATJA
ÉS LA SEVA GENT**



@pradesepictrail is organized by C.E Trailgat (TRAILCAT)

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Photos:

@josemiguelmunoze
@photosetsport
@rogerrecasens
@alberichfotografs

Contact

hola@muntanyesdepradesepictrail.com
Web: muntanyesdepradesepictrail.com
Facebook: @pradesepictrail
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#PRADESEPICTRAIL2025



HOW TO ARRIVE

TRAIN

- 1.- Reus Station
- 2.- Tarragona Station
- 3.- Camp de Tarragona Station
- 4.- Barcelona-Sants Station

PLANE

- 5.- Reus Airport (REU)
- 6.- Barcelona Airport (BCN)

BUS

- 7.- Reus Station

TRAIN

[Renfe](#)

PLANE

[Aeroport de Reus \(REU\)](#)

[Aeroport de Barcelona \(BCN\)](#)

BUS

[Autobuses Plana](#)

CAR

[Google Maps](#)



HOW TO ARRIVE



PLANE

If you're coming from outside Spain, Barcelona International Airport (BCN) is 1 hour and 30 minutes away, or Reus Airport (REU) is 40 minutes away. In both cases, it's recommended to rent a car once you land to get to Prades.



TRAIN

To arrive by train, if you later want to rent a car, you can arrive at the stations in Reus, Tarragona, or Camp de Tarragona. If you want to get to Prades without a car after taking the train, we recommend arriving by train at Reus station and then taking the bus to Prades.



BUS

If you want to get there without a vehicle, the only option is by bus from the Reus bus station.



CAR

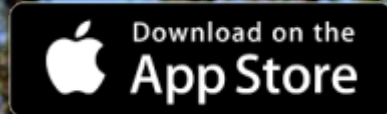
If you want to arrive by car, you can get there from three locations:

Coming from Valencia: Take the AP7 motorway toward Tarragona-Barcelona and take exit 1151 VILA-SECA OESTE / REUS / SALOU. Continue along the C-14 toward Reus until you reach a roundabout. Take the N-420 FALSET exit until you pass Les Borges del Camp. Here, you will find a roundabout and take the first exit toward the C-242 ALFORJA. Continue on this road until you reach Albarca (during this stretch, you will pass through Cornudella del Montsant), where you will turn right onto the T-701 toward Prades.

Coming from Zaragoza-Lleida: Take the AP7 motorway toward Barcelona and take exit 9 MONTBLANC. Continue along the N-240 until you reach Vimbodí and Poblet, then take the TV-7004 to Vilanova de Prades. From there, take the TV-7005 to Prades.

Coming from Barcelona-Girona: Take the AP7 motorway toward Zaragoza-Lleida and take exit 9 MONTBLANC. Continue along the N-240 to Vimbodí and Poblet. Take the TV-7004 to Vilanova de Prades. From there, take the TV-7005 to Prades.

ONLINE TRACKING



tag us

AND SHARE

YOUR ATTITUDE HAS A REWARD!



@pradesepictrail

@costadauradatur

@pradesturisme

#pradesepictrail

#costadaurada

#pradesturisme



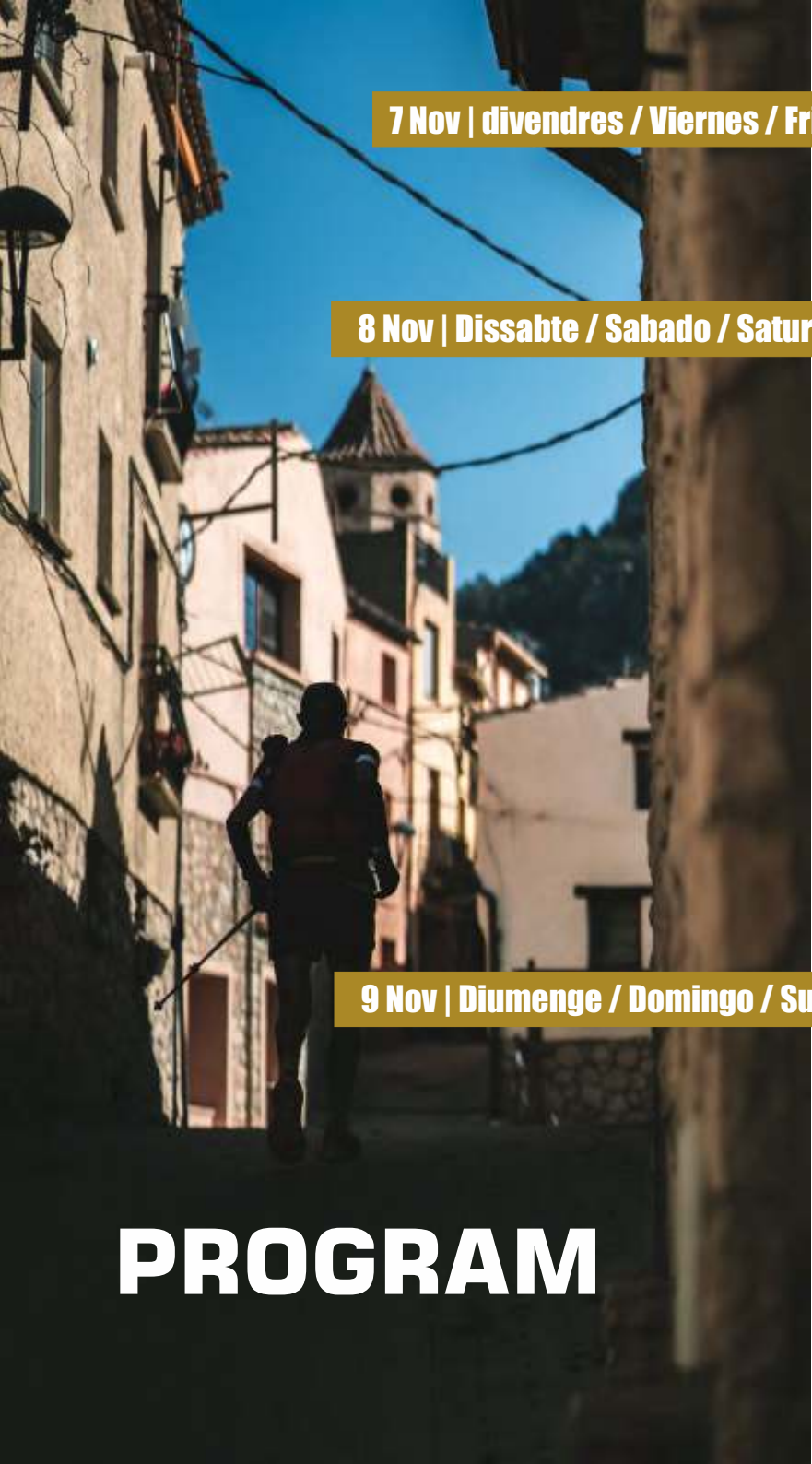
THE ULTIMATE ANTI-FRICTION TREATMENT

SIXPRO® SPORT

It's the perfect natural anti-friction/repair agent for sores and wounds caused by friction, providing maximum hydration and nourishment to your skin.



**20% discount:
PRADESEPICTRAIL**



7 Nov | divendres / Viernes / Friday

The program may be subject to last-minute changes due to force majeure.

Centre cívic de Prades (Plaça dels arbres).

5:00 PM to 8:00 PM Race bib collection for 80k, 50k, 25k, and 13k

5:45 PM - Nutritional workshop

6:30 PM - Elite runner presentation

7:00 PM - Race Technical Briefing

8 Nov | Dissabte / Sabado / Saturday

5:30 AM - 80k race bib collection

6:30 AM - 80k start area opens

7:00 AM - 80k start

7:30 AM to 8:30 AM - 50k race bib collection

8:30 AM - 50k start area opens

9:00 AM - 50k start

1:00 PM - First 50k runners arrive

2:00 PM - First 80k runners arrive

 4:00 PM to 7:00 PM - 25k, 13k, and 7k race bib collection

5:30 PM to 7:30 PM Afternoon! @caram.band

7:30 PM Trophy presentations for 80k and 50k

10:00 PM Finish line for 50k

12:30 PM Finish line for 80k

9 Nov | Diumenge / Domingo / Sunday

7:30 to 10:00 AM Race bib collection for 25k, 13k, and 7k

9:00 AM Start for 25k

10:00 AM Start for 13k

10:30 AM Start for 7k

11:00 AM First runners: 25k and 13k

1:00 PM Finish line for 13k

2:00 PM Finish line for 25k

2:00 PM Trophy presentations for 25k, 13k, and 7k

PROGRAM



#LastRanners

F E S T I V A L

“ “The last..... shall be first” ”

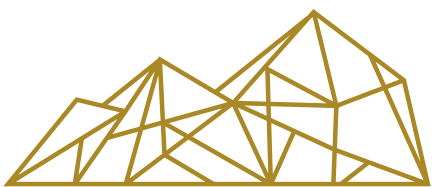


@caram.band

November 8

5:30 PM

Main Square Prades



RESPECT ME

The Prades Mountains Protected Natural Area (PEIN) is a biogeographically exceptional space that incorporates Specially Protected Natural Areas such as the Titllar and Trinidad nature reserves and the Poblet Natural Site of National Interest.

Preserving its biodiversity is everyone's responsibility. From the Prades Mountains Epic Trail, Costa Daurada, we would like to suggest a series of best practices.

Thank you for your collaboration!

OUR HOUSE IS YOURS

Take care of the natural environment and leave it as it would be if you hadn't passed by.

HYGIENE IN THE NATURAL ENVIRONMENT

Don't pollute springs and streams with your biological waste.

Make sure your feces are well covered and kept away from trails and water areas.

LOOK, BUT DON'T TOUCH

While running, don't disturb the wildlife and flora in the surrounding area.

THE BEST SOUND IS THAT OF NATURE

Noise pollution can bother both people and native species. Avoid unnecessary noise and disturbances.

WE GROW TOGETHER

Help boost rural economies by using local services and consuming local products.

THE MOUNTAIN HAS ITS LAW

Have fun while running, but always respect the race regulations. Follow the marked routes and don't take shortcuts off trails that cause unnecessary soil erosion.

EVERY DROP COUNTS

Don't waste water and avoid single-use plastics and disposable materials.

REGULATIONS REGARDING THE POBLET PNIN

<https://parcsnaturals.gencat.cat/es/xarxa-de-parcs/poblet/inici/index.html>



RECUPERAT *ion*

Para los que **siempre** quieren más



Código de descuento: **Epic20**

 www.recuperat-ion.com



1 HIDRATACIÓN

Hydrasport

Bebida hipotónica vegana con vitamina B1. Garantiza una hidratación profunda y es de fácil digestión.



2 ENERGÍA

Boost Energy Gel

Gel energético vegano con tres iones esenciales: magnesio, cloruros y zinc. De textura líquida que facilita la ingesta y fácil digestión. 42,4 g de carbohidratos.



3 RECUPERACIÓN

Recovery 3-1

Bebida de recuperación muscular con proteínas, vitaminas C y D, aminoácidos, péptidos de colágeno, carbohidratos y electrolitos.

[illegible]

- SCAN ME
- 

<https://www.google.com/maps/d/u/6/edit?mid=1IGUKIN-Ma6iYki044w3HZczhpyUBhQk&usp=sharing>

ABANDONMENTS AND SECURITY

Except in the case of injury or accident, a participant may not abandon the race if they are not at a refreshment point.

In the event of withdrawal, the organization staff must be notified as quickly as possible at the nearest refreshment point or, failing that, by calling the Race Control Center (CECOC) number located on their race bib.

The participant must also inform the refreshment center how they will return to their starting point or if they need transportation to the finish line.

However, please note that logistics in these cases are complicated, and the runner may have to wait before receiving transportation. We ask for your understanding.

In the event of unfavorable weather conditions that warrant the partial or total suspension of the race, the organization ensures that runners return to the finish line as quickly as possible.

In the event of withdrawal due to injury or an accident that prevents walking to the nearest checkpoint, the participant must first report the situation to the CECOC (Center for the Race), whose phone number can be found on their race bib. In the event of unreachable conditions, they must call the emergency number 112.

We recommend saving these numbers in your contacts list as "aaPRADES" to expedite their location if necessary.

Solidarity among participants is key in these cases. Collaboration must prevail over competitiveness. Solidarity and respect among runners will be crucial in these types of situations.



CECOC phone
Centro de Control de Carrera
+34 676 67 21 23
emergency phone
112

TIPS AND SAFETY

NUTRITION AND HYDRATION

Hydration and energy intake should be adapted to the effort and weather conditions, and enriched with salts throughout the race. Maintain a good balance between slow and fast sugars.

MANDATORY INDIVIDUAL INSURANCE

In order to participate in the race, we remind you that all participants must have individual accident insurance.

Insurance can be purchased through any organization, federation, or insurance company of the participant's choice.

However, the organizers offer runners who do not have insurance the option of purchasing it at the time of registration. This is highly recommended for all runners.

If you have your own insurance, you must provide us with a photocopy of your race number when collecting your race number.

TIMING AND TIME CONTROL

The entire timing and tracking system for runners will be implemented through Live Trail. Race numbers will include a disposable chip attached to the race number (which must not be returned).

At checkpoints (refreshment stations), participants must pass the chip checkpoint, which will be performed manually or automatically by radio frequency.

Each participant must ensure they pass the chip checkpoint at all checkpoints established by the organization. Failure to pass a time control checkpoint will result in disqualification.

Runners can be tracked online through the Live Trail website or app.

WEATHER

The race takes place in the heart of nature, in mountainous areas, in isolated areas (far from main road networks, telecommunications networks, etc.), with weather that can change and become adverse.

Tips to keep in mind during the race:

- Do not stop in high areas.
- If you get lost in an unmarked area, turn around to look for the last sign.
- Stay on the trails.

Tips for dealing with adverse weather:

- Anticipate extreme cold and heat.
- Don't wait until you're shivering to put on warm clothes.
- Don't change clothes when exposed to wind: Anticipate or wait until you're covered.
- Protect yourself from the sun.

AID AND MEDICAL SERVICES

The aid stations are also aid points and are connected by radio or telephone to the Race Control Center (CECOC). The phone number +34 676 67 21 23 will be printed on the race bib. A medical team will be on hand throughout the race.

It is the responsibility of a runner in difficulty to request assistance:

- Go to the nearest aid station.
- Call the Race Control Center (CECOC) or 112.
- Ask another runner to request assistance.

All runners must assist anyone in difficulty and request help.

Furthermore, they must stay with the runner in difficulty until the organization staff arrives. If it is impossible to reach the Race Control Center, it is possible to call emergency services directly (particularly in areas where only emergency calls are possible) by calling 112.

We must not forget that difficulties of all kinds, related to the environment and the race, can make waiting for help longer than expected. Safety will therefore depend on the quality of the equipment carried in the backpack.

FATIGUE AND CONCENTRATION

There are designated rest areas at the refreshment stations. We recommend that runners rest at the designated refreshment stations.

All runners must remain on the marked route, even when resting.

Fatigue and lack of concentration can lead to an accident. Run within your capabilities to conserve energy to overcome a difficult situation, such as a sudden change in the weather.

Any runner who voluntarily strays from the race route is no longer under the responsibility of the organizers.

IN CASE OF EMERGENCY OUTSIDE OF A REFRESHMENT STATION

TELEPHONE NETWORK AVAILABLE

1

CALL CECOC (RACE CONTROL CENTER):
+34 676 67 21 23

2

SEND WHATSAPP TO CECOC: +34 676 67 21 23
LOCATION SHARING

3

FOLLOW CECOC'S INSTRUCTIONS
AT ALL TIMES



TELEPHONE NETWORK NOT AVAILABLE

1

CALL EMERGENCIES: 112

2

ALERT OTHER PASSING RUNNERS

MANDATORY MATERIAL

Mandatory equipment checks will be conducted on the top 10 finishers in each distance.

All participants, without exception, must ensure they have at least the equipment marked as mandatory in the following table in order to participate in the race.

Two or three days before the race, and depending on what the Safety Committee determines based on the latest weather report, they will communicate whether any of the items on the list are no longer mandatory for the entire race, or if any of the recommended items become mandatory.

Mandatory equipment checks will be carried out upon entering the closed start area, and at any point along the route between the start and finish (inclusive), where race numbers, chips, and mandatory equipment will be checked.

Failure to wear this equipment will result in immediate disqualification from the race.

RECOMMENDED

GPS (watch) with the latest version of the official race tracks.

Gloves. They must cover the entire hand (including fingers). Latex gloves are not permitted.

A piece of thermal clothing. Full-body coverage, long sleeves down to the wrists, designed to warm and cope with low temperatures.

Power bank. To charge your phone.

SixPro anti-chafing cream.

Backpack or similar. Suitable for the volume of your required gear and your running pace and needs.

	80k MDP	50k CDF	25k EDA	13k TDB	7k CDB
 Glass or container 15cl. There will be no glasses at the aid stations	✓	✓	✓	✓	✓
 Mobile phone switched on, with battery and roaming activated	✓	✓	✓	✓	✓
 Water reserve Capacity for:	capacidad 1 litro	capacidad 1 litro	capacidad 0,5 litros	capacidad 0,5 litros	0,5 litros
 Food reserve	2 geles 2 barritas	2 geles 2 barritas	1 gel 1 barrita	1 gel	✗
 Whistle	✓	✓	✓	✗	✗
 Thermal blanket Minimum area of 1.4m x 2m	✓	✓	✓	✓	✓
 Hiking shoes and socks. Must cover the entire foot. Trail sandals excluded	✓	✓	✓	✓	✓
 Headlamp With spare batteries	✓	✓	✗	✗	✗
 Pharmacy With antiseptic wipes and 80x3 elastic taping	✓	✓	✗	✗	✗
 Windbreaker with hood	✓	✓	✗	✗	✗
 Waterproof jacket with hood, waterproof rating 10,000			?		
 Long layers To cover entire legs and arms.			EXTRA CLIMA ADVERSO Se notificará el jueves anterior en función de la climatología del fin de semana		
 Hat or tube hat and gloves Must cover the entire head					

AID STATIONS

All distances are self-sufficient, and therefore, runners must also provide their own supplies.

We provide three types of refreshments: light, solid, and full.

Refreshments are for runners' consumption only. At aid stations with permitted assistance, the assistant may only access the refreshment station 5 minutes before the runner's arrival to prepare food, drinks, and supplies. All distances are self-sufficient, and therefore, runners must also provide their own supplies.



	DISSABTE - SÁBADO - SATURDAY								DIUMENGE - DOMINGO - SUNDAY				
	50k GCP 80k ADP	80k ADP	80k ADP	80k ADP	50k GCP 80k ADP	50k GCP 80k ADP	50k GCP 80k ADP	50k GCP 80k ADP	25k RDA	13k TOR	25k RDA	7k GCP 13k TOR 25k RDA 50k GCP 80k ADP	
	1.- DINEPAL	2.- ÀLIGA	3.- ROJALS	4.- FARENA	5.- CAPAFONTS	6.- MONT-RAI	7.- LA FEBRÒ	8.- LA GRITELLA	11.- CAPAFONTS	11A.- BASSOTS	12.- CASTELLFOLLIT	13.- COLL BOSCH	F.- META
Water	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Isotonic	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Soda	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Banana	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Orange	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Melon	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Nuts	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Chocolate Cookies	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Candy Candies	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI	SI
Ham Sandwich	SI	SI	SI	SI	SI	SI	SI	SI	NO	NO	SI	SI	SI
Cheese Sandwich	SI	SI	SI	SI	SI	SI	SI	SI	NO	NO	SI	SI	SI
Nutella Sandwich	SI	SI	SI	SI	SI	SI	SI	SI	NO	NO	SI	SI	SI
Chicken Broth	NO	NO	NO	NO	SI	NO	SI	SI	NO	NO	NO	NO	NO
Vegetable Broth	NO	NO	NO	NO	SI	NO	SI	SI	NO	NO	NO	NO	NO
Potato Omelette	NO	NO	SI	NO	NO	NO	NO	NO	NO	NO	NO	SI	NO
Pasta and Rice (Bolognese, Vegetable, Vegan)	NO	NO	NO	NO	SI	NO	SI	NO	NO	NO	NO	NO	SI
Margherita Pizza	NO	NO	NO	NO	NO	NO	SI	NO	NO	NO	NO	NO	NO
Bread with Sausage	NO	NO	NO	NO	SI	NO	NO	NO	NO	NO	NO	NO	SI
Coffee and Green Tea	NO	NO	NO	NO	SI	NO	SI	NO	NO	NO	NO	NO	SI

PRIZE MONEY



Awards ceremony

First delivery: SATURDAY, November 8th at 7:30 p.m. at the finish line.

Second delivery: SUNDAY, November 9th at 2:00 p.m. at the finish line

All winners who arrive after 7:30 p.m. on Saturday will receive their prizes upon arrival at the finish line.

You must be present at the awards ceremony to receive your prize.

Trophy, 2025 edition registration, and cash prize for the top 5 finishers in the Absolute 13k, 25k, 50k, and 80k categories. Trophy and gift for the top 3 finishers in the other categories, according to the table. All prizes are the same for men's and women's categories.

CATEGORIES WITH PRIZES

CATEG.	Sub8	Sub10	Sub12	Sub14					
7k KIDS	✓	✓	✓	✓					✗
CATEG.	Sub16	Sub18	Sub23	Abs	+35	+45	+55	+65	Prize €
13K TDB	✓	✓	✓	✓	✓	✓	✓	✓	✗
25K EDA	✗	✗	✓	✓	✓	✓	✓	✓	4.800€
50K CDF	✗	✗	✗	✓	✓	✓	✓	✓	8.500€
80K MDP	✗	✗	✗	✓	✓	✓	✓	✓	12.000€

Prize MONEY €

	80k MDP	50k CDF	25k EDA
1	3.000€	2.000€	1.200€
2	1.600€	1.200€	600€
3	800€	600€	300€
4	400€	300€	150€
5	200€	150€	150€

INFORMATION OF INTEREST



ACCEPTANCE OF THE RULES

Participation implies express and unreserved acceptance of the Rules published on the website and all instructions issued by the organizers.

It also entails acceptance of the basic rules of camaraderie and support among runners, as well as environmental responsibility measures.

RACE BIB PICK-UP

To avoid last-minute crowds, it is **HIGHLY RECOMMENDED** to pick up your race bib the day before the start. However, the organizers will distribute race bibs 45 minutes before the start day in exceptional cases where, for a justified reason, you cannot pick them up earlier.

BIB RACE

To pick up race numbers, which will take place at Plaza de los Árboles, you must present your ID or passport and, if you have not purchased the accident insurance offered by the organizers, a photocopy of your accident and self-rescue insurance. We will retain the photocopy.

Race bib numbers must be picked up in person. No third party may collect any race bib numbers for security reasons. We must verify the accuracy of the information in person.

The race bib must be worn on the chest or stomach and must be permanently and fully visible throughout the race. Under no circumstances may it be hung on a backpack or leg.

The race bib is the necessary pass to access refreshment stations, the infirmary, life bag recovery areas, etc.

Except in cases of refusal to obey the decision of a race official, the race bib is never removed, but in the event of a withdrawal, it is deactivated and marked.

LIFE BAGS (80K)

Each runner receives a 30-liter bag at race bib collection, along with personal identification material with their race number.

After filling it with the items of their choice and sealing it, they can drop it off at the start line up to 15 minutes before the start.

Only bags provided by the organizers will be transported. Poles cannot be carried in bags. The contents of the bags will not be verified, and no complaints will be addressed.

We recommend not placing valuables in them.

The organizers will transport the bags from the start line to Av. CAPAFONTS and back to Plaza de los Árboles (Civic Center).

LIFE BAGS COLLECTION

Runners, or their close associates, may collect bags upon presentation of their race number. They must be collected at the Plaza de los Árboles, no later than 30 minutes after the race closes.

Collection times: Saturday from 2:30 p.m. to midnight and Sunday from 10:30 a.m. to 2:00 p.m.

Bags that are not collected will be given to an NGO for use by third parties.

The organizers will make two trips to collect bags from the refreshment station at the finish line: 2:00 p.m. and 6:00 p.m.

INFORMATION OF INTEREST



TIME BARRIERS AND CHECKS

These time barriers are calculated to allow participants to reach the finish line within the established time limit, allowing for occasional stops (lunch, rest, etc.). To be authorized to continue the race, participants must leave the checkpoint before the established time limit (regardless of the arrival time at the checkpoint).

CUPS, PLATES, AND CUTLERY

In order to avoid the waste of disposable plastic cups, plates, and cutlery during the race, each runner must carry a CUP, with a minimum capacity of 15 cl. At the full refreshment stations, the organizers will provide non-disposable plates and cutlery.

COMPLIANCE WITH THE REGULATIONS AND VOLUNTEERS

Volunteers are there to help you, but also to ensure compliance with the rules. Among them, the race marshals will have specific instructions, especially regarding the application of penalties for non-compliance with the regulations. To learn about the penalties applied, you can read the full Regulations at: <https://www.muntanyesdepradesepictrail.com/reglamento>. The most important cases will be analyzed in coordination with the program director.

TRAIL ABANDONMENT

The races pass through areas of high ecological value and fragile existence, with very specific administrative regulations. Therefore, it is mandatory to follow the trails as marked/signposted and as they are secured, without cutting them off. Leaving a trail causes harmful erosion of the site.

Overtaking off-trails is prohibited. Abandoning the trail, stopping, or advancing off-trail is grounds for immediate disqualification.

All runners must ensure that their impact on the terrain is minimal so that they can enjoy future editions.

By registering for the race, participants agree to respect the environment and the natural spaces crossed. In particular:

Leaving waste (ice containers, paper, organic waste, plastic packaging, etc.) on the route is strictly prohibited.

There are trash receptacles at each aid station and they must be used. Race marshals conduct checks along the route.

All participants must keep their waste and packaging until they can throw it into the containers made available at the refreshment stations..

The organizers advise runners to bring a bag to carry waste to the next aid station.

MUSIC

Listening to music with only one earphone is permitted during the 80k and 50k distances, provided it is safe to do so. Earphones must be removed when crossing roads, as well as when approaching checkpoints and when approaching any member of the security team.

MUSIC IS STRICTLY PROHIBITED FROM HEADS OF OUR OWN EARS.



**FI TRAM
NEUTRALITZAT**

SORTIDA NEUTRALIZADA

EXTERNAL ASSISTANCE

COMPANY ON THE ROUTE

Always with the aim of ensuring equality among competitors, regardless of their level, it is prohibited to be accompanied anywhere or throughout the entire race by an unregistered person outside of the clearly marked tolerance zones near the refreshment stations.

This allows for small escorts to the race venues, but prohibits "hares."

Race marshals will be present at various points along the route and may impose penalties in real time for non-compliance with the Rules.

Runners may only be accompanied within towns.

At refreshment stations with assistance, companions may enter the refreshment station, but may not eat solid food; this task falls exclusively on the runner.

EXTERNAL ASSISTANCE (RACES 80K and 50K)

La asistencia externa está permitida únicamente en los siguientes puntos:



Av4.- FARENA
Av5.- CAPAFONTS
Av7.- LA FEBRÒ



Av2.- CAPAFONTS
Av4.- LA FEBRÒ

Assistance will be provided in the designated area. Due to space limitations and to accommodate all attendees and runners, only one person will be allowed to provide assistance.

Your assistance provider is only allowed to bring one bag (maximum 30 liters) to carry the necessary items (food, clothing, etc.).

This does not prevent your family and friends from supporting you throughout the race. Simply ask them to respect the rules, and in the interest of ensuring that everything runs smoothly and harmoniously.



A close-up, low-angle shot of a runner's leg in mid-stride, wearing a white and orange Scarpa Spin Ultra 2 trail running shoe. The runner is on a rocky, grassy trail. The background is a blurred landscape with dry grass and a clear sky. The shoe features a white upper with orange accents and a prominent orange sole. The Scarpa logo is visible on the side of the shoe. The overall image has a dynamic, action-oriented feel.

 **SCARPA®**
SPIN ULTRA 2

OTHER RACES IN OUR TERRITORY



29 GENER - 1 FEBRER 2026
@TRAVERSATRIL





100K M

iTRA 4

PODIUMS AND AWARDS

Absoluta ♂ ♀ Categorías

1	3.000€	✓ +35	🏆🥈🥉
2	1.600€	✓ +45	🏆🥈🥉
3	800€	✓ +55	🏆🥈🥉
4	400€	✓ +65	🏆🥈🥉
5	200€		



COSTA DAURADA

MUNTANYES DE
PRADES

EPIC TRAIL

PASSING TIMES



ASSITANCE ALLOWED



Light station



Solid station



Complet station



assistance allowed



Life bag



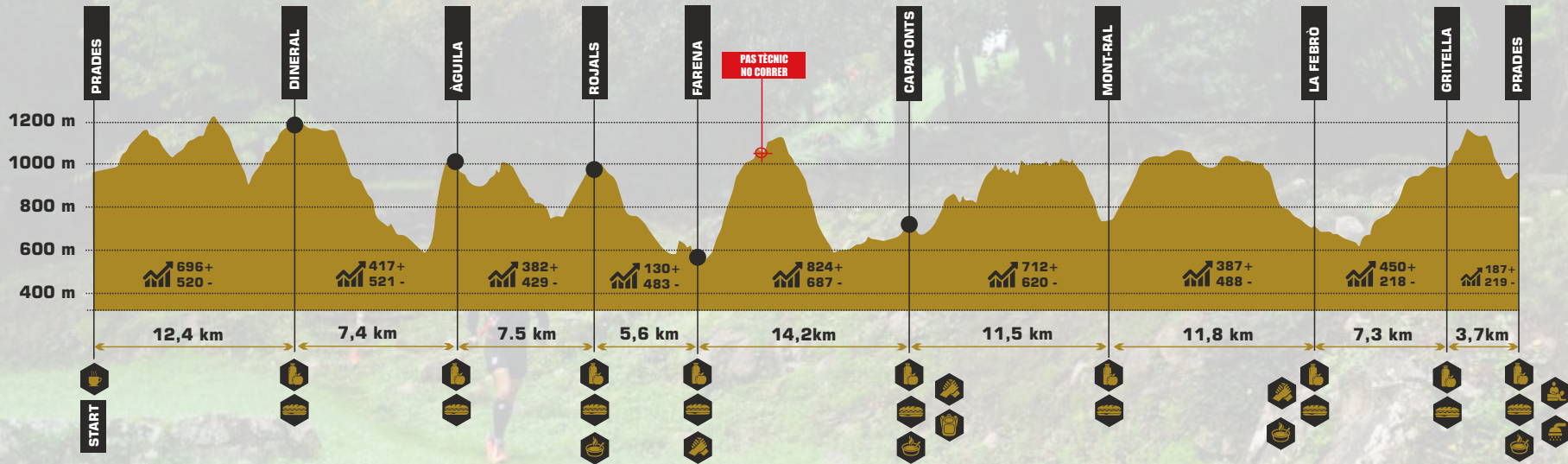
Cut time



AID STATION	TECHNICAL DATA											ESTIMATION OF TIMES								
	AID STATIONS			CUMULATIVE			FOR SECTIONS					1st RUNNER 5:15 min/km			NORMAL RUNNER 8:02 min/km			LAST RUNNERS 18:20 min/km		
	EXTERNAL AID	KIND OF AID STATION	HEIGHT	DISTANCE KM CUMULATIVE	ELEVATION GAIN CUMULATIVE	ELEVATION LOST CUMULATIVE	DISTANCE KM SECTION	ELEVATION GAIN SECTION	ELEVATION LOST SECTION	% ELEVATION GAIN SECTION	% ELEVATION LOST SECTION	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS
Av1 DINERAL	✗	SOLID	1130	12,4	696	520	12,4	696	520	5,61%	4,19%	5:30	1:08:12	1:08:12	8:10	1:41:16	1:41:16	12:00	2:16:24	2:16:24
Av2 ÀGUILA	✗	SOLID	1009	19,8	1113	1041	7,4	417	521	5,64%	7,04%	6:00	0:44:24	1:52:36	9:10	1:07:50	2:49:06	13:15	1:38:03	3:54:27
Av3 ROJALS	✗	SOLID	972	27,3	1495	1470	7,5	382	429	5,09%	5,72%	6:00	0:45:00	2:37:36	13:30	1:41:15	4:30:21	12:00	1:30:00	5:24:27
Av4 FARENA	✓	SOLID	614	32,9	1625	1953	5,6	130	483	2,32%	8,63%	6:00	0:33:36	3:11:12	8:00	0:44:48	5:15:09	11:30	1:04:24	6:28:51
Av5 CAPAFONTS	✓	COMPLET	747	47,1	2449	2640	14,2	824	687	5,80%	4,84%	6:45	1:35:51	4:47:03	13:45	3:15:15	8:30:24	12:00	2:50:24	9:19:15
Av6 MONT-RAL	✗	SOLID	768	58,6	3161	3260	11,5	712	620	6,19%	5,39%	6:20	1:12:50	5:59:53	9:45	1:52:07	10:22:32	14:00	2:41:00	12:00:15
Av7 LA FEBRÒ	✓	COMPLET	747	70,4	3548	3748	11,8	387	488	3,28%	4,14%	5:00	0:59:00	6:58:53	10:00	1:58:00	12:20:32	13:00	2:33:24	14:33:39
Av8 GRITELLA	✗	SOLID	982	77,7	3998	3966	7,3	450	218	6,16%	2,99%	6:00	0:43:48	7:42:41	10:40	1:17:52	13:38:24	16:00	1:56:48	16:30:27
META - PRADES		COMPLET	952	81,4	4185	4185	3,7	187	219	5,05%	5,92%	5:30	0:20:21	8:03:02	11:20	0:41:56	14:20:20	17:00	1:02:54	17:33:21
				81,4	4185	4185				5,14%	5,14%	5:55		8:03:02	10:34		14:20:20	12:56		17:33:21

CUT TIME

09:15
11:15
12:30
13:40
16:25
18:55
21:25
23:25
00:30H (+1)



MAP

NEUTRALIZED START IN THE FIRST 200 METERS



la Pobla de Cérvoles



Av1 DINERAL

9:15H



Av2. ÀLIGA

11:15H



Av3 ROJALS

12:30H



START / FINISH - PRADES

7:00H 24:30H (+1)



Tossal de Baltasana

PASO TÈCNIC NO CORRER



Av4 FARENA

13:40H



Av8 LA GRITELLA

23:25H



Roca Corbatera

Av5 CAPAFONTS

16:25H



Av6 MONT-RAL

18:55H



Av7 LA FEBRÒ

21:25H



SCARPA®

Cornudella de Montsant

Alcover

T-702



Patronat de Turisme

Diputació Tarragona



Vienes a correr o entrenar por las Montañas de Prades?

Tu corre... 
¡Nosotros nos encargamos del resto!



Alojamiento
Gastrobar
Duchas y vestuarios
Taxi 4x4
Actividades Enoturísticas



LO
REFUGI
GASTRO BAR




Montsant
NATURA





50K 

iTRA 

PODIUMS AND AWARDS

Absolut   Categories

	2.000€	 +35	  
	1.200€	 +45	  
	600€	 +55	  
	300€	 +65	  
	150€		



COSTA DAURADA

MUNTANYES DE
PRADES

EPIC TRAIL

PASSING TIMES



ASSISTANCE ALLOWED



Light station



Solid station



Compleat station

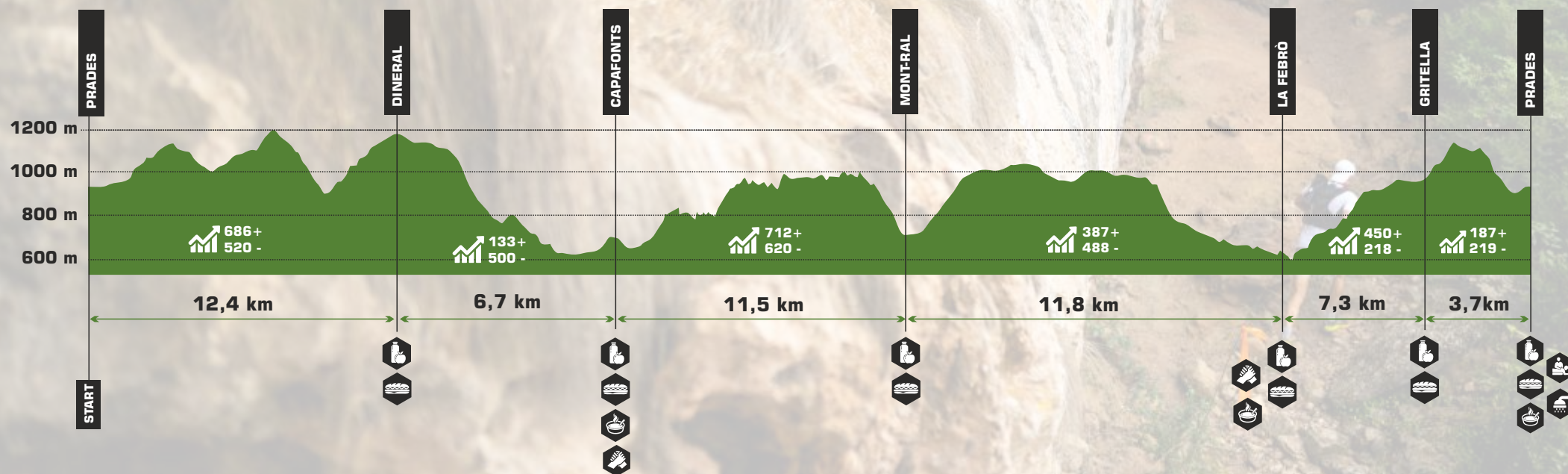


Cut time



TECHNICAL DATA											ESTIMATION OF TIMES									 CUT TIME	
AID STATIONS			CUMULATIVE			FOR SECTIONS					1st RUNNER 5:15 min/km			NORMAL RUNNER 8:02 min/km			LAST RUNNERS 18:20 min/km				
EXTERNAL AID	KIND OF AID STATION	HEIGHT	DISTANCE KM CUMULATIVE	ELEVATION GAIN CUMULATIVE	ELEVATION LOST CUMULATIVE	DISTANCE KM SECTION	ELEVATION GAIN SECTION	ELEVATION LOST SECTION	% ELEVATIO GAIN SECTION	% ELEVATION LOST SECTION	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS		
	✖	SOLID	1130	12,4	696	520	12,4	696	520	5,61%	4,19%	4:20	0:53:44	0:53:44	7:20	1:30:56	1:30:56	12:30	2:35:00	2:35:00	11:30H
	✔	COMPLET	747	19,1	829	1.020	6,7	133	500	1,99%	7,46%	4:00	0:26:48	1:20:32	6:30	0:43:33	2:14:29	12:30	1:23:45	3:58:45	13:00H
	✖	SOLID	768	30,6	1.541	1.640	11,5	712	620	6,19%	9,25%	4:45	0:54:37	2:15:09	8:45	1:40:37	3:55:07	14:00	2:41:00	6:39:45	15:45H
	✔	COMPLET	747	42,4	1.928	2.128	11,8	387	488	3,28%	7,28%	4:30	0:53:06	3:08:16	11:30	2:15:42	6:10:49	17:00	3:20:36	10:00:21	19:00H
	✖	SOLID	982	49,7	2.378	2.346	7,3	450	218	6,16%	3,25%	5:40	0:41:22	3:49:37	11:40	1:25:10	7:35:59	16:00	1:56:48	11:57:09	20:45H
		COMPLET	952	53,4	2.565	2.565	3,7	187	219	5,05%	3,27%	5:00	0:18:30	4:08:07	8:30	0:31:27	8:07:25	18:00	1:06:36	13:03:45	22:00H
				53,4	2.565	2.565				4,80%	4,80%	4:39		4:08:07	9:08		8:07:25	14:41		13:03:45	

PROFILE



MAP

NEUTRALIZED START IN THE FIRST 200 METERS



START / FINISH - PRADES

09:00H

22:00H



T-701

Tossal de la Baltasana

Roca dels Corbs

Albarca

Av5 LA GRITELLA

20:45H



Siurana



Patronat de Turisme



Diputació Tarragona

T-322



Av1 DINERAL

11:30H



Quatre Termes



Av2 CAPAFONTS

13:00H



Capafonts

La Febró

Tossal del Xanda

Puig Pelat

Av3 MONT-RAL

15:45H



Av4 LA FEBRÓ

19:00H



SCARPA®

l'Albiol



20K 

ITRA 

PODIUMS AND AWARDS

Absolute   **Categories**

 **1.200€**

 **600€**

 **300€**

 **150€**

 **150€**

✓ **Sub23**   

✓ **+35**   

✓ **+45**   

✓ **+55**   

✓ **+65**   



COSTA DAURADA

MUNTANYES DE
PRADES

EPIC TRAIL

PASSING TIMES



ASSISTANCE NOT ALLOWED



Light Station



Solid Station



Compleat Station

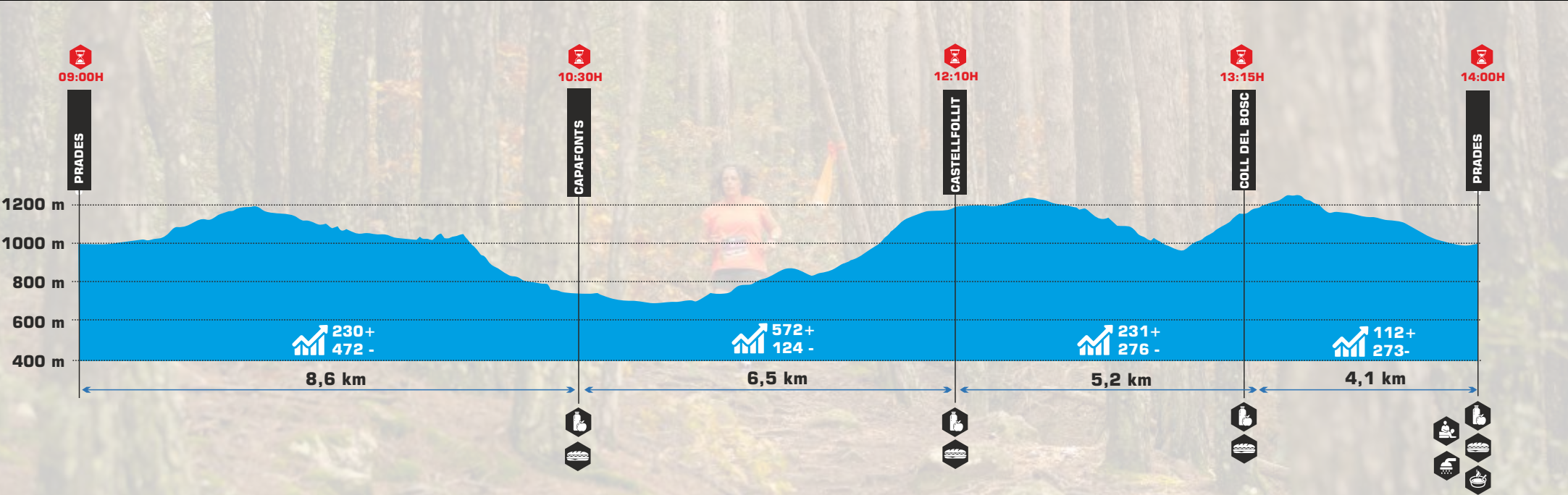


Cut time



	TECHNICAL DATA										ESTIMATION OF TIMES									CUT TIME
	AID STATIONS		CUMULATIVE			FOR SECTIONS					1st RUNNER 4:16 min/km			NORML RUNNER 8:09 min/km			LAST RUNNERS 12:15 min/km			
	KIND OF AID STATION	HEIGHT	DISTANCE KM CUMULATIVE	ELEVATION GAIN CUMULATIVE	ELEVATION LOST CUMULATIVE	DISTANCE KM SECTION	ELEVATION GAIN SECTION	ELEVATION LOST SECTION	% ELEVATIO GAIN SECTION	% ELEVATION LOST SECTION	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	
AID STATION																				
Av1 CAPAFONTS	SOLID	726	8,6	230	472	8,6	230	472	2,67%	5,49%	4:06	0:35:16	9:35	6:40	57:20	9:57	10:30	1:30:18	10:30	10:30H
Av2 CASTELLFOLLIT	SOLID	1122	15,1	802	596	6,5	572	124	8,80%	1,91%	4:35	1:05:03	10:05	10:00	2:02:20	11:02	14:45	3:06:11	12:06	12:10H
Av3 COLL DEL BOSC	SOLID	1094	20,3	1.033	872	5,2	231	276	4,44%	5,31%	4:14	1:27:04	10:27	8:45	2:47:50	11:47	14:00	4:18:59	13:18	13:15H
META	COMPLET	952	24,4	1.145	1.145	4,1	112	273	2,73%	6,66%	4:12	1:44:17	10:44	7:33	3:18:47	12:18	9:45	4:58:57	13:58	14:00H
			24,4	1.145	1.145				4,69%	4,69%	4:16	1:44:17	10:44	8:09	3:18:47	12:18	12:15	4:58:57	13:58	

PROFILE



MAP

NEUTRALIZED START IN THE FIRST 200 METERS



START / FINISH - PRADES

09:00H

14:00H

Av3 COLL DEL BOSC

13:15H



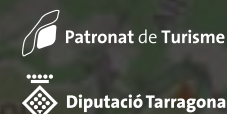
Av2 CASTELLFOLLIT

12:10H



Av1 CAPAFONTS

10:30H





20K **M**

iTRA **0**

PODIUMS AND AWARDS

♂ ♀ Categories

- | | |
|-------------|------------|
| ✓ Sub16 🏆🥈🥉 | ✓ Abs. 🏆🥈🥉 |
| ✓ Sub18 🏆🥈🥉 | ✓ +35 🏆🥈🥉 |
| ✓ Sub23 🏆🥈🥉 | ✓ +45 🏆🥈🥉 |
| | ✓ +55 🏆🥈🥉 |
| | ✓ +65 🏆🥈🥉 |



COSTA DAURADA

MUNTANYES DE
PRADES

EPIC TRAIL

PASSING TIMES



ASSISTANCE NOT ALLOWED



Light Station



Solid Station

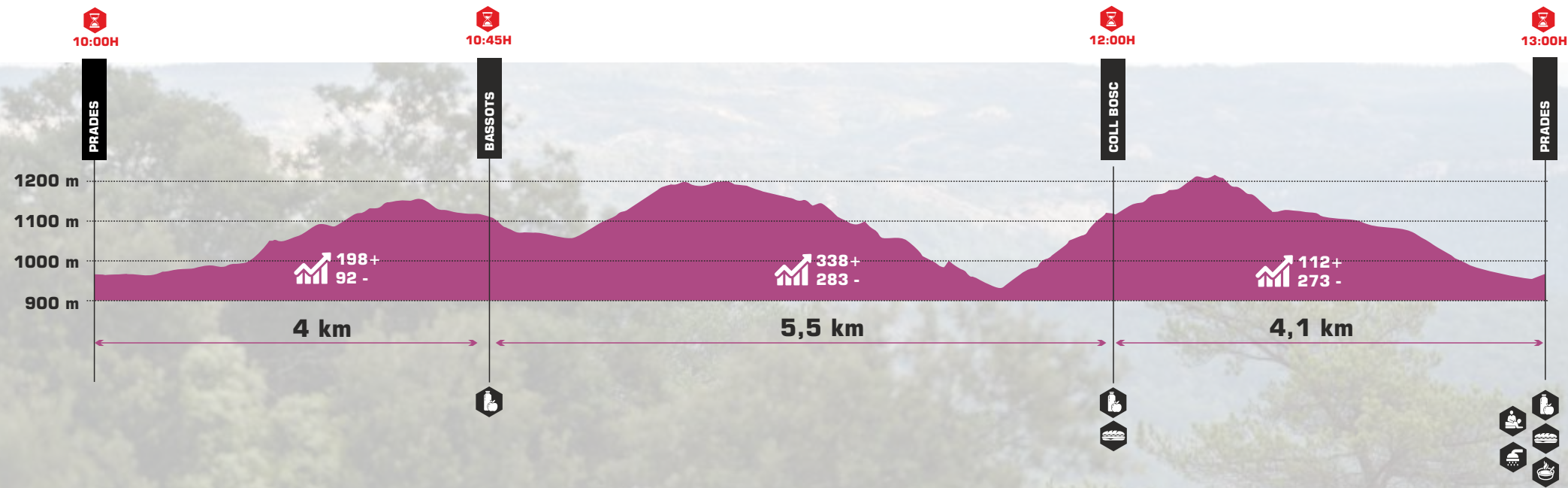


CUT TIME



	TECHNICAL DATA										ESTIMATION OF TIMES									CUT TIME
	AID STATIONS		CUMULATIVE			FOR SECTIONS					1st RUNNER 4:35 min/km			NORMAL RUNNER 7:47 min/km			LAST RUNNERS 11:59 min/km			
	KIND OF AID STATION	HEIGHT	DISTANCE KM CUMULATIVE	ELEVATION GAIN CUMULATIVE	ELEVATION LOST CUMULATIVE	DISTANCE KM SECTION	ELEVATION GAIN SECTION	ELEVATION LOST SECTION	% ELEVATIO GAIN SECTION	% ELEVATION LOST SECTION	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	
AID STATION																				
Av1 BASSOTS	LIGHT	1035	4	198	92	4	198	92	4,95%	2.30%	4:06	0:16:24	10:16	6:40	0:26:40	10:26	10:30	0:42:00	10:42	10:45H
Av2 COLL DEL BOSC	SOLID	1094	9,5	536	375	9,5	338	283	6,15%	5.15%	5:14	0:45:11	10:45	8:45	1:124:47	11:24	14:00	1:59:00	11:59	12:00H
META - PRADES	COMPLET	952	13.6	648	648	4,1	112	273	2,73%	6.66%	4:12	1:02:24	11:02	7:33	1:45:45	11:45	10:45	2:43:05	12:43	13:00H
			13,6	648	648				4.76%	4.76%	4:35	1:02:24		7:47	1:45:45		11:59	2:43:05		

PROFILE



MAP

NEUTRALIZED START IN THE FIRST 200 METERS



Av2 COLL DEL BOSC

12:00H



**BIRI
BIN**
ASSOCIACIÓ EXCURSIONISTA BIRIBINS DE PRADES



START / FINISH - PRADES

10:00H

13:00H

Av1 BASSOTS

10:45H

TEAM BLAVITZ
GOZALBO



T-704

1000 m

la Gritella


COSTA DAURADA

 Patronat de Turisme
 Diputació Tarragona



COSTA DAURADA
TRAIL

PODIUMS AND AWARDS



Categories

- Sub 8 🏆🥈🥉
- Sub10 🏆🥈🥉
- Sub12 🏆🥈🥉
- Sub14 🏆🥈🥉



COSTA DAURADA

MUNTANYES DE
PRADES

EPIC TRAIL

PASSING TIMES



ASSISTANCE NOT ALLOWED



Light refreshment



Solid refreshment



Cut time



Complet refreshment

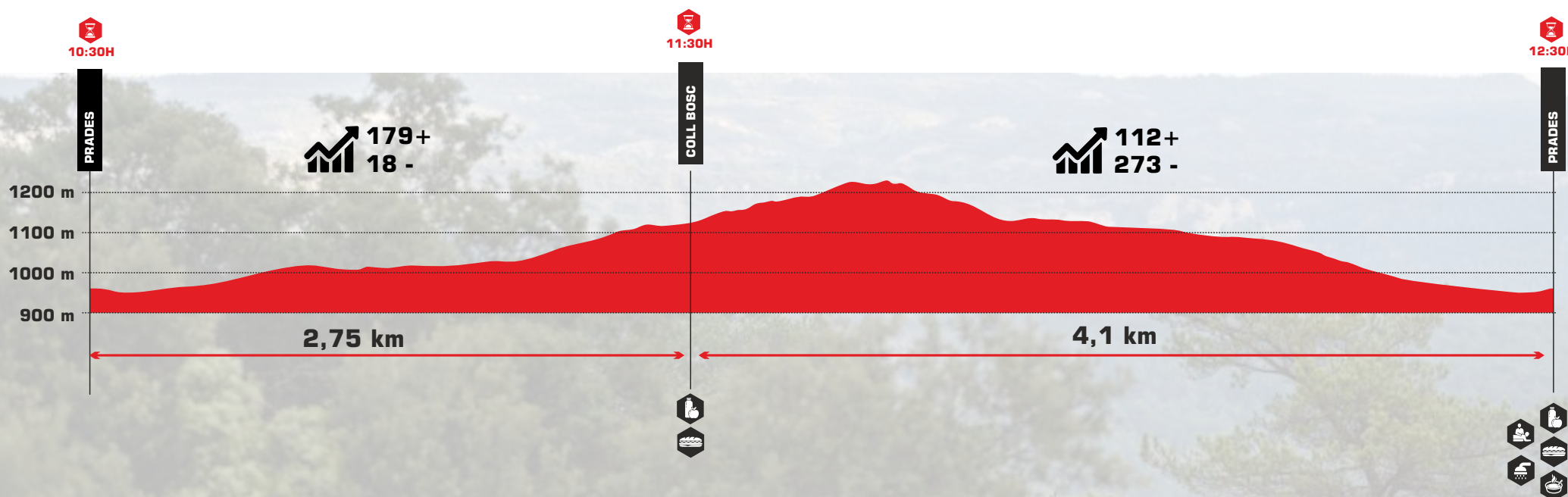


AID STATION	TECHNICAL DATA										ESTIMATION OF TIMES								
	AID STATIONS		CUMULATIVE			FOR SECTIONS					1st RUNNER 5:15 min/km			NORMAL RUNNER 8:02 min/km			LAST RUNNERS 18:20 min/km		
	KIND OF AID STATION	HEIGHT	DISTANCE KM CUMULATIVE	ELEVATION GAIN CUMULATIVE	ELEVATION LOST CUMULATIVE	DISTANCE KM SECTION	ELEVATION GAIN SECTION	ELEVATION LOST SECTION	% ELEVATIO GAIN SECTION	% ELEVATION LOST SECTION	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS	SPEED min/km	TIME CUMULATIVE	TIME OF PAS
Av1 COLL DEL BOSC	SOLID	1094	2,75	179	18	2,75	179	18	6,51%	0.65%	6:00	0:16:30	10:46	8:45	0:24:04	10:54	18:20	0:50:25	11:20
META - PRADES	COMPLET	952	6,86	291	291	4,1	112	273	2,73%	6.66%	4:45	0:35:58	11:05	7:33	0:55:01	11:25	18:20	2:05:35	12:35
			6,86	291	291				4.25%	4.25%	5:15	0:35:58		8:02	0:55:01		18:20	2:05:35	



CUT TIME

PERFIL



MAP



7k kids
Coll del Bosc
CDB

BIRIBIN
ASSOCIACIÓ ESCURONNETA BIRIBIN DE PRADES



Av1 COLL DEL BOSC

11:30H



SALIDA / LLEGADA - PRADES

10:30H

12:30H



T-701

Punta
de les Catalanes
1156 m

la Moleta
1196 m

Tossal
de la Baltasana
1201 m

1156 m
1096 m

Tossal
del Bosc
1011 m

Roca dels
Corbs
1096 m


COSTA DAURADA

 Patronat de Turisme
 Diputació Tarragona



MUNTANYES DE
PRADES

EPIC TRAIL

