

2026

ENG

RUNNER GUIDE

& COMPANION



IV MUNTANYES DE
PRADES

EPIC TRAIL



COSTA DAURADA

IV MUNTANYES DE
PRADES

EPIC TRAIL

Essential information to run with confidence



Diputació Tarragona

Generalitat
de Catalunya

esportcat



Every race bib leaves a mark.

PROJECT “MARRAMEUS DE PRADES”

A trail-running school created through the race.

Part of the registration fees from the Muntanyes de Prades Epic Trail Costa Daurada, together with the support of Prades Town Council and the Birimbins Hiking Association of Prades, funds a project that keeps sport and the mountains alive in our region.

FREE TRAIL ALL YEAR

All children enrolled in the ZER Prades school network have a free trail-running extracurricular activity throughout the school year.

MARRAMEU

Growing, running, learning
and caring for the territory.

Thank you for being part of it



CHOOSE YOUR CHALLENGE

Four ways to live the Epic.

CDF

50K

2.529m+

saturday 8:00h

EDA

25K

1.334m+

saturday 09:30h

TDB

13K

752m+

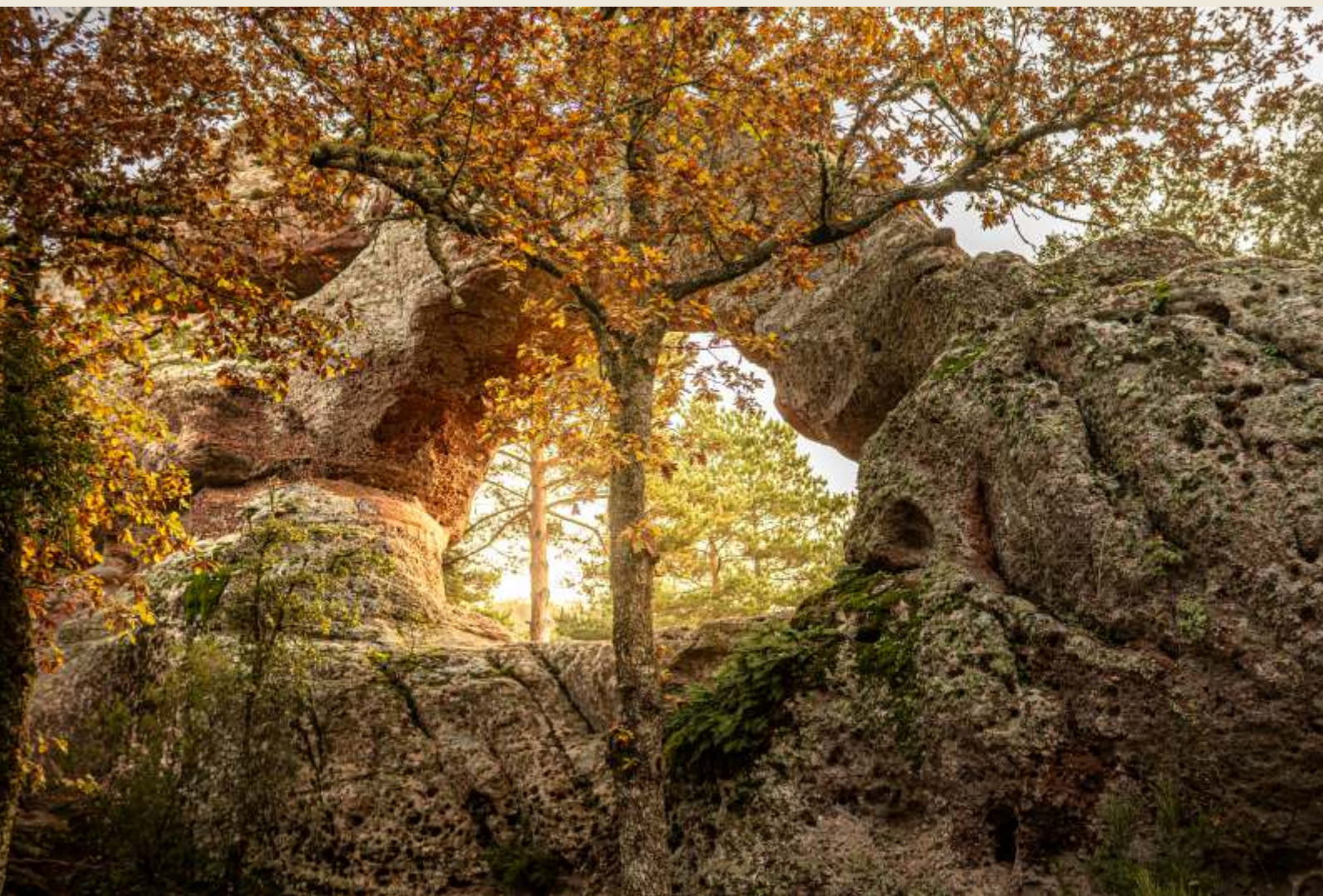
sunday 10:00h

CDB

7K kids

350m+

sunday 10:30h



Your weekend in 60 seconds.

SATURDAY - 10 OCTOBER

09:30 - Official training. Scarpa test (+info on the website)

FRIDAY - 6 NOVEMBER

17:00 to 20:00 - Bib collection. All distances: 50K, 25K, 13K, 7K

SATURDAY - 7 NOVEMBER

06:00 to 07:45 Bib collection: 50K, 25K
07:45 Elite 50K runners presentation
08:00 50K start
08:10 to 09:15 Bib collection: 25K
09:15 Elite 25K runners presentation
09:30 25K start
11:15 First 25K runners expected
11:45 First 50K runners expected
14:30 25K finish closes
16:00 50K and 25K awards ceremony
16:00 to 19:00 Bib collection: 13K and 7K
17:30 to 20:00 @canram.band
20:00 50K finish closes
21:00 Volunteer dinner

SUNDAY - 8 NOVEMBER

07:30 to 10:15 Bib collection: 13K, 7K
10:00 13K start
10:30 7K start
11:00 First 13K and 7K runners expected
13:00 13K finish closes
13:00 13K and 7K awards ceremony

All events will take place in the Plaça Major (Main Square) of Prades.

1

Plaza Major

1

Plaza Major

1

Plaza Major

2

Entrance via T700

3

Entrance via c/ Colomers

4

Check the official map

[illegible]

RUNNER AND COMPANION GUIDE 2026

If something happens, this comes first

CECOC - RACE CONTROL

+34 676 67 21 23

Save the contact as “aaPRADES”. Helping another runner is a priority.

Emergencies - 112

- 1 Outside an aid station**
Call CECOC. If there is no signal, call 112.
- 2 No phone signal**
Tell other runners and send WhatsApp with your location when possible.
- 3 If you withdraw**
Do it at an aid station and always inform the organisation.

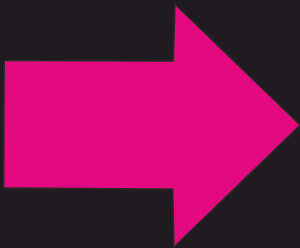
Track loaded. Always.

Download the official track to your watch or phone before taking the start.

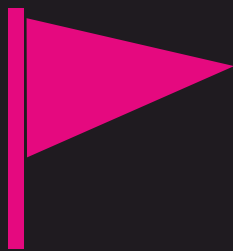
ATTENTION

Third parties removing markings or weather conditions may affect route signage.

Always follow the fuchsia course markings



ARROW



FLAG



TAPE

If you lose the markers, go back to the last marked point and check the track.

Everything you will find.

LIGHT

RECUPERATIGN · water · soft drink · banana, orange and melon

SOLID

LIGHT + nuts, chocolate biscuits, sweets and sandwiches

COMPLET

LIGHT + SOLID +

SATURDAY

AS3 La Febró: chicken or vegetable broth with pasta or rice.
AS4 Capafonts: margherita or ham pizza + potato omelette.
Finish: longaniza bread + broth in extreme weather.

SUNDAY

Coll del Bosc AS: potato omelette
Finish: longaniza bread

self-sufficiency

All the distances are contested in a self-sufficiency regime: always take water and own food according to your rhythms and physical capabilities.

In the file for each distance you will see the type of fueling for each point.

MANDATORY EQUIPMENT

Carry what keeps you safe.



Cup / 15 cl container

7K 13K 25K 50K

No cups will be provided



Sports shoes

7K 13K 25K 50K

Must cover the whole foot



Phone + roaming

7K 13K 25K 50K

On, NOT in flight mode



Thermal blanket and whistle

7K 13K 25K 50K

Blanket 1,4 x 2 m



Water reserve

7K 13K 25K 50K 0,5L 7k i 13k, 0,75L 25k, 1L 50k



Food reserve

25K 50K

1 gel & 1 bar



Windproof jacket

50K

With hood



Headlamp

50K

From 13:00 at Capafonts



First-aid kit

50K

Able to treat minor injuries

HIGHLY RECOMMENDED



GPS watch or device

7K 13K 25K 50K

With the official race tracks



External battery

25K 50K

To ensure the phone's battery life

EXTREME WEATHER Information regarding additional material for weather-related conditions will be provided on the preceding Thursday.



Waterproof 10,000mm, thermal clothing, gloves and tubular

It can be activated by weather conditions.

Only where it is allowed.

25K - EDA - Ermita de l'abellera

Av1.- ABELLERA

50K - CDF - Cingleres de La Febró

Av1.- ABELLERA

Av3.- LA FEBRÓ

Av4.- CAPAFONTS

1 PERSON

Only one person may provide support.

NO FREE RIDERS Support without a race bib is only allowed within La Febró or Capafonts villages.

RESERVED AREA Support must take place exclusively in the designated area.

RUNNERS ONLY The food and drinks at the aid station are for runners only.

PRIZES

Your category counts too.

CEREMONIES

Saturday 16:00 (50K / 25K)
Sunday 13:00 (13K / 7K)

Equal prizes in women's and men's categories

7k Kids Coll del bosc

Sub8 · Sub10 · Sub12 · Sub14

13k Tossal de la Baltassana

Sub16 · Sub18 · Sub21 · absolut · +35 · +45 · +55 · +65

25k Ermita de l'Abellera

Sub23 · Sub25 · absolut* · +35 · +45 · +55 · +65

50k Cingleres de La Febró

absolut* · +35 · +45 · +55 · +65

For all categories, age is calculated based on the participant's age on December 31st of the race year.

Trophies and gifts will be awarded to the top three finishers in each category.

Awards will be presented on-site at the finish line.

If you win a prize in the overall category and also belong to another category, you will not be ranked in that other category; your placing will pass to the next finisher.

25K and 50K overall categories

PODIUM TOP-5

The top five finishers overall take the podium and receive a cash prize.

50K - CDF

1º - 2.000€ + Trophy
2º - 1.000€ + Trophy
3º - 600€ + Trophy
4º - 300€
5º - 100€

25K - EDA

1º - 1.200€ + Trophy
2º - 600€ + Trophy
3º - 400€ + Trophy
4º - 200€
5º - 100€

The mountain runs with you too.

NO SHORTCUTS

Do not take shortcuts off the paths: they cause unnecessary erosion

LOOK, DON'T TOUCH

While running, do not disturb the local wildlife or vegetation.

WILDLIFE AND QUIET

Noise pollution affects native species. Avoid noise and disturbance.

ZERO WASTE

Keep wrappers and rubbish until the next aid station.

HIGIENE

Assegureu-vos que els excrements quedin ben tapats i lluny de senders i àrees d'aigua.

The Prades Mountains Protected Natural Area (PEIN) is a biogeographically exceptional area that encompasses sites enjoying special protection, such as the Titllar and Trinitat nature reserves and the Poblet Natural Area of National Interest.

Preserving its biodiversity is everyone's responsibility.

On Saturday, come and cheer us on while walking..

Leave Plaça de Prades on foot and experience the race from accessible nearby points.

1

ERMITA DE L'ABELLERA

Aproximate race km 7 - 50K

Aproximate race km - 25K

Runner crossing: 8:30 a 9:25

Runner crossing: 10:00 a 10:45

1.75 km walk from Plaça de Prades

2

ERMITA DE SANT ROC

Aproximate race km - 50K

Runner crossing: 8:35 a 9:30

1.50 km walk from Plaça de Prades

3

MIRADOR DE LA GUARDIA

Aproximate race km - 50K

Runner crossing: 8:55 a 11:00

1.75 km walk from Plaça de Prades

ROUTES AVAILABLE ON WIKILOC

Access 

Walk, follow the local signs and respect the runners, residents and natural environment.

Cingleres de La Febró

DISTANCE**48,5 kms**

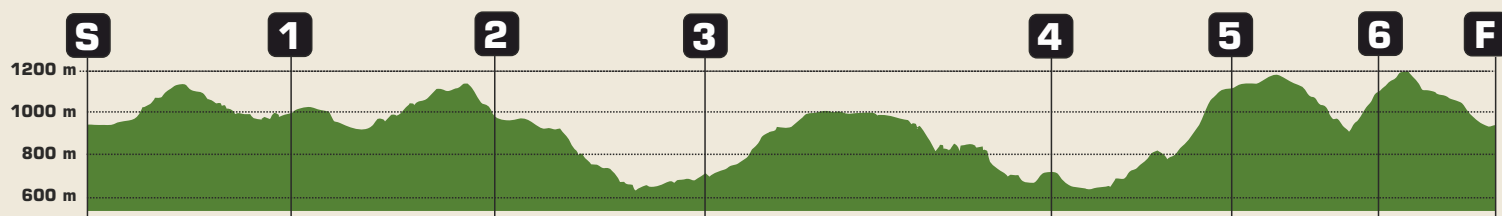
2.529 m+ | 2.529 m-

START**Saturday 08:00 h**

Main Square - Prades

TIME LIMIT**12 h**

20:00h finish line closes



Aid stations

NAME	KIND	KM	SECTION	CUTOFF
Av1. Abellera	SOLID	6,99 km	6,99 km 359 m+ 310 m-	09:30 h
Av2. Gritella	SOLID	13.85 km	6,86 km 285 m+ 301 m-	11:20 h
Av3.- La Febró	COMPLET	21.11 km	7,27 km 226 m+ 469 m-	13:00 h
Av4. Capafonts	COMPLET	32.92 km	11,81 km 702 m+ 691 m-	16:00 h
Av5.- Dinerall	SOLID	39.69 km	6,76 km 543 m+ 170 m-	17:50 h
Av6.- Coll del Bosc	SOLID	44.56 km	4,87 km 268 m+ 303 m-	19:00 h
FINISH LINE	COMPLET	48.54 km	3,99 km 147 m+ 285 m-	20:00 h

External Assistance: 1.Abellera - 3. La Febró - 4.Capafonts

Ermita de l'Abellera

DISTANCE

24,5 kms

1.334 m+ | 1.334 m-

START

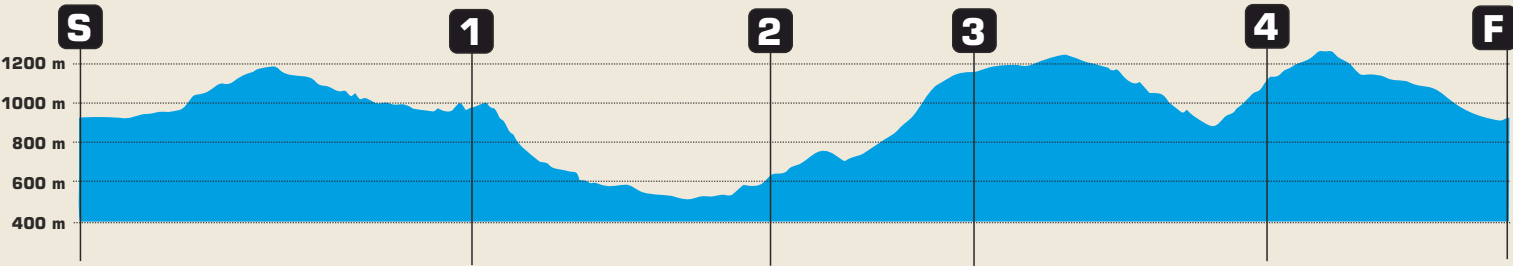
Saturday 09:30h

Main Square - Prades

LIMIT TIME

5 h

14:00h finish line closes



Aid Stations

NAME	KIND	KM	SECTION	CUTOFF
Av1. Abellera	SOLID	6,99 km	6,99 km 359 m+ 310 m-	10:45 h
Av2. Barrulles	SOLID	12.01 km	5,02 km 157 m+ 393 m-	11:35 h
Av3.- Dinerat	SOLID	15.60 km	3,59 km 404 m+ 93 m-	12:30 h
Av4. Coll del Bosc	SOLID	20.48 km	4,87 km 268 m+ 303 m-	13:40 h
Av5.- Meta	COMPLET	24.46 km	3.99,76 km 147 m+ 285 m-	14:30 h

External Assistance: 1.Abellera

TDB - 13K

Tossal de la Balatassana

DISTANCE

13,8 kms

752 m+ | 752 m-

START

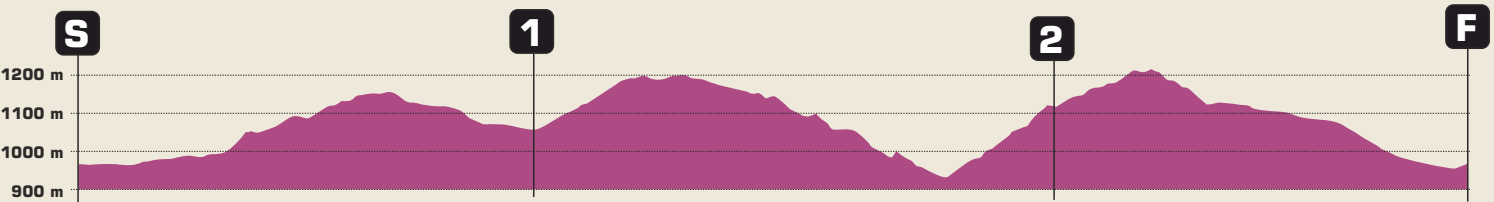
Sunday 10:00 h

Main Square - Prades

LIMIT TIME

3 h

13:00h finish line closes



Aid stations

NAME	KIND	KM	SECTION	CUTOFF
Av1. Bassots	SÒLID	4,53 km	4,53 km 236 m+ 165 m-	10:45 h
Av2. Coll del Bosc	COMPLET	9,81 km	5,28 km 386 m+ 319 m-	12:05 h
META	COMPLET	13,77 km	3.99 km 147m+ 285 m-	13:00 h

CDB- 7K kids

Coll del Bosc

DISTANCIE

6.71 kms

320 m+ | 320 m-

START

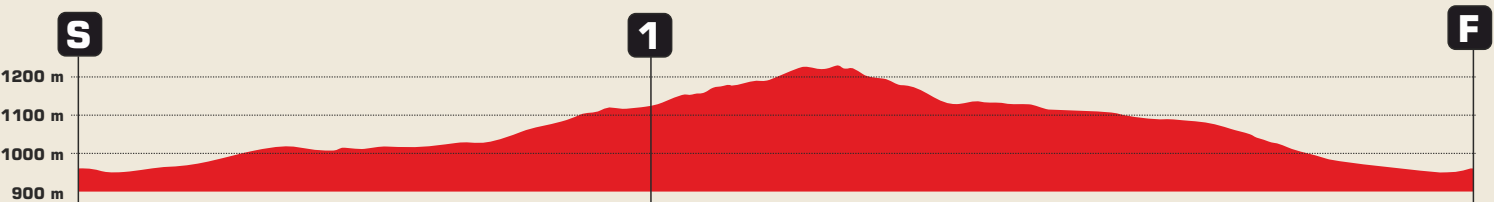
diumenge 10:30 h

Main Square - Prades

LIMIT TIME

2 hores

12:30h finish line closes



Aid stations

NAME	KIND	KM	SECTION	CUTOFF
Av1. Coll del Bosc	SÒLID	2,72 km	2,72 km 173 m+ 35 m-	11:30 h
META	COMPLET	6,71 km	3.99 km 147m+ 285 m-	12:30 h

Save this screen.

TRACK + CHANGES

Website and official channels (individual mail + instagram)

LICVE TRACKING

Live Trail: app o <https://epictrailcostadaurada.livetrail.run/>

XARXES

@pradesepictrail · #PRADESEPICTRAIL2026

CONTACT

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www.pradesepictrail.com

RUN · RESPECT · ENJOY

PARTNERS

Thank you for making it possible.



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